

Bavarian News

Vol. 6, Nr. 19

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

October 13, 2010

ANSBACH

Breaking new ground

Officials begin work on the new PX and commissary at Urlas Training Center

PAGE 18

GARMISCH

Himmel im Bayern

Hundreds flock to Kramer Mountain to celebrate 50 years of the Friendship Shoot

PAGE 20

SCHWEINFURT

New Age PT

Warrior Transition Unit Soldiers use yoga to build morale, strengthen muscles and prevent injuries

PAGE 21

HOHENFELS

Team Dragon returns

The community welcomes Soldiers from D Co., 1-4th Infantry Regiment

PAGE 22



Delightful Dublin

More than just Guinness and "craic," Ireland's bustling capital city caters to travelers who thrive after dark or just want to get away from it all.

See page 15.

It's RAD

U.S. Army Garrison Grafenwoehr will hold its annual Retiree Appreciation Day, Oct. 22, in Bldg. 244. Registration begins at 7 a.m. See page 3.

Trick or treat

Ghosts and ghouls (and their parents) are reminded to use caution when collecting candy this Halloween.

See page 10 for a full listing of trick-or-treating hours and guidelines.

Index

Opinion/Editorial	2
News	3-10, 24-25
Medical	11
What's Happening	12-13
Travel	15
Movies	26
AAFES	27



Grafenwoehr Elementary student Manny Vila, 7, practices his sawing techniques with help from Forest Master Volker Goebel of the German Bundesforst, Oct. 1.

Braving the great outdoors

Grafenwoehr students take lessons from Mother Nature

Story and photos by
Molly Hayden
Staff Writer

Orange and red colored leaves fell gingerly off the trees and lined the newly built environmental trail located near Dickhaeuter Lake on the Grafenwoehr Training Area. The picturesque setting was the perfect backdrop for more than 40 Grafenwoehr Elementary students during an educational outing, Oct. 1.

The activity was a joint venture with support from the Department of Public Works' Environmental Division, Family and Morale, Welfare and Recreation and the German Bundesforst.

The students were the first organized group to explore part of the two-kilometer trail.

Led by Caecilia Meier, environmental protection specialist for DPW, they began their trek through the woods and learned about vari-



Third-grader Jonathon LaPrade inspects a spider found along the environmental trail in the training area.

ous species of trees and leaves along the way.

Nearly 300 meters into the hike, Meier stopped abruptly.

"Something has been here be-

fore us," she said to the children, pointing to fresh animal tracks. "Can you guess what it was?"

"A deer," yelled a voice from the crowd.

"A dog," said another.

"A monster," said a third.

It was not a monster, but in fact a wild boar. Meier explained the shape of the track tipped her off and the newly informed students began their own detective work, looking for more clues.

Informational boards that surveyed conservation and environmental topics strategically lined the trail. Children answered numerous questions about native animals that live in the woods, including owls, squirrels and hares, and learned animal fun facts.

"We learned about solitary bees," said Santi Hurtado, a third-grader. "They work alone."

"And we saw a bat," said third-grader MaKayla Anderson, excitedly. "That was my favorite part."

Additionally, students discussed the function of trees and plants and collected pine cones to study.

"This one is a fir cone," said

See HIKE, page 25

ESPN to broadcast from Graf on Veterans Day

by JMTTC Public Affairs
News Release

ESPN's flagship news and high-light program, SportsCenter, will broadcast live from the Grafenwoehr parade field, Nov. 11, 3 p.m. to 9 p.m. (CET).

The special SportsCenter will honor veterans and highlight the Soldiers, civilians and families of the U.S. Army Europe. ESPN anchors Hannah Storm and Josh Elliot will host the broadcast.

The event is open to all military ID-cardholders and their guests.

The event will include a Veterans Day ceremony, musical entertainment, and static displays and demonstrations of military vehicles and equipment.

The Joint Multinational Training Command will sponsor a Warrior Challenge competition with teams representing various U.S. Army units in Bavaria. ESPN will broadcast several of the events and will award the winning team with a trophy during a live, on-air segment of the program.

The festivities will also include a community tailgate party in the overflow parking lot of the Grafenwoehr Post Exchange.

The special SportsCenter will air live on ESPN in the United States, and will air overseas on the AFN Sports channel.

For the most up-to-date information on the event, check out JMTTC's Grafenwoehr 100th Anniversary page on Facebook at www.facebook.com/Grafenwoehr100.

'Charging Boar 2010' evolves with threat

by Jeremy S. Buddemeier
Managing Editor

A bomb shattered the relative calm at the Rose Barracks' food court the morning of Sept. 25, tearing through tables and personnel, leaving a trail of carnage in its wake.

The culprit, a disgruntled and recently redeployed Soldier, nonchalantly left the scene and was joined by another Soldier on the other side of post, where the two went on a shooting rampage and took several hostages.

The scenario was part of "Charging Boar 2010," the garrison's annual anti-terrorism force protection exercise. This year, however, exercise planners took a different approach in light of the shootings last year at Fort Hood and Fort Bliss.

"The Army is transitioning from a terrorist-centric plan to an all-hazards plan," said Kim Alahmadi, U.S. Army Garrison Grafenwoehr's emergency manager, who was the lead planner for the exercise. The all-hazards approach seeks to address more realistic threats, which See EXERCISE, page 25

172nd Inf. Bde. Partnership Fest 'epic'

by Maj. Joseph P. Buccino
*172nd Infantry Brigade
Public Affairs*

When the 172nd Infantry Brigade announced its intention of hosting a partnership signing ceremony with three local cities in the middle of Netzaberg, many outside the brigade openly questioned whether the Blackhawks would be able to pull off such an event. By the end of the event, Sept. 24, the only question remaining was what the 172nd could possibly do in 2011 to top of this year's first brigade partnership fest.

It took three months of planning, dozens of meetings, coordination between two governments, and the creation of a handcrafted 17-foot by 12-foot wall. In the end,



Photo by Spc. Andrew Ramos

Col. Frank Zachar, commander, 172nd Infantry Brigade, and Peter Lehr of Eschenbach hold up the ceremonial keg hammer at the 172nd Infantry Brigade Partnership Fest, Sept. 24.

the Blackhawk Brigade held an event that will be fondly recalled for decades by those in attendance. It was the par-

ty of the year; a festival that cemented a relationship that will last forever, an event that will permanently remain part

of the legacy of the brigade as well as the cities of Presath, Eschenbach and Kirchenthumbach.

Nearly 4,000 Soldiers, family members, and German citizens descended on Netzaberg Park to celebrate the partnership between the 172nd Inf. Bde. and the three local communities. The brigade turned the Netzaberg Housing Area into a thriving moshpit of German and American cuisine, rock music, traditional German band music, pony rides and bouncing castles. In the spirit of partnership, for at least one night, the Blackhawks owned Bavaria. In fact, they out-partied Oktoberfest.

"This is nuts!" Spc. Derick Walsh, dental See FEST, page 25



Bavarian News

Commander, U.S. Army Garrison Grafenwoehr
Col. Vann Smiley

Public Affairs Officer

Kim Gillespie
kim.c.gillespie@eur.army.mil
DSN 475-8103, CIV 09641-83-8103

Managing Editor

Jeremy S. Buddemeier
jeremy.buddemeier@eur.army.mil
DSN 475-7113, CIV 09641-83-7113

Assistant Editor

Trecia A. Wilson
trecia.wilson@eur.army.mil
DSN 475-7775, CIV 09641-83-7775

Grafenwoehr Correspondent

Molly Hayden
molly.hayden@eur.army.mil
DSN 475-8886, CIV 09641-83-8886

Garmisch Correspondent

John Reese
william.john.reese@eur.army.mil
DSN 440-3701, CIV 08821-750-3701

Schweinfurt Correspondents

Eva Bergmann, Jasmine Morales and Nathan Van Schaik
eva.nina.bergmann@eur.army.mil
jasmine.morales@eur.army.mil
nathan.vanschaik@eur.army.mil
DSN 354-1400, CIV 09721-96-1400

Hohenfels Correspondent

Troy Darr
troy.darr@eur.army.mil
DSN 466-2398, CIV 09472-83-2398

Ansbach Correspondent

Ronald Toland
ron.toland@eur.army.mil
DSN 468-1600, CIV 09811-83-1600

Advertising: Retail advertising and classifieds, www.milcom.de, e-mail: ads@milcom.de.

Address: U.S. Army Garrison Grafenwoehr Public Affairs
Attn: Bavarian News
Unit 28130, APO AE 09114

We want to hear from you!

The *Bavarian News* welcomes articles from Army organizations and announcements from the general public about events of interest to the military community.

If you have newsworthy ideas or stories to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. The final decision on whether content will run rests with the editor.

The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office.

The *Bavarian News* is an authorized publication for members of the Department of Defense. Contents of the *Bavarian News* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army.

The *Bavarian News* is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 9,800.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Milcom Advertising Agency of the products or services advertised.

Water Tower art by Dane Gray

Commander's Message



Vigilance requires community action

While August kicked-off our iWatch program, force protection and community vigilance must be practiced every day. Last week, the Department of State issued a follow-up to its worldwide caution to update information on the continuing threat of terrorist actions and violence against U.S. citizens and interests in Europe. The alert reminded travelers of the potential for terrorists to attack public transportation systems and advised U.S. citizens to adopt appropriate safety measures to protect themselves while traveling. Although there is no specific threat to the Grafenwoehr Military Community, we are acutely aware of the ever-present threat posed by terrorism to the Army's mission and the American way of life around the world.

With that in mind, I have the responsibility to ensure that the safety and security of this community remains my number one priority; my team and I are constantly evaluating the threat of terrorism, implementing the appropriate security and anti-terrorism measures to safeguard our community and our facilities. I will make every effort to take pertinent and prudent action to fulfill my command responsibilities regarding the safety and security of this community, but I need your help.

Remaining vigilant

You may see increased random force protection measures on this installation and I solicit your understanding, especially as you may experience slight inconveniences or delays. I'd ask for your patience and courtesy as we work to safeguard this community.



I would also ask for the support of every Soldier, family member, civilian and contractor who calls the Grafenwoehr Military Community home by continuing to practice sound personal protection by staying vigilant, being aware of your surroundings, never traveling alone, and avoiding large crowds off post, especially in uniform.

Continue to enjoy beautiful Grafenwoehr and the rest of Europe, and all they have to offer. Do not let this worldwide caution keep you from enjoying life. But if you see something suspicious or out of place, report it! Remember our safety and security theme: See something, do something! It may just be your awareness reported to po-

lice that can help predict and prevent attacks before they happen. For more information on what to report and to whom you report it, please visit our website: www.grafenwoehr.army.mil/sites/directorates/iWatch.asp.

Domestic violence awareness

Another important topic I would like everyone in our community to consider is domestic violence. October is Domestic Violence Awareness month and the theme is "Prevent. Report. Stop Domestic Violence and Child Abuse." Our goal is to ensure all community members are aware of the signs of domestic violence and the resources we have available to help.

We began Domestic Violence Awareness month by hosting a 5k run at Rose Barracks. I want to thank everyone for supporting this worthwhile event. See page 24 for additional events this month. Again, as I emphasized earlier, while we are promoting awareness this month, this is an issue we should never ignore because of the danger to those involved. See something, do something!

Construction and safety

Safety is our number one priority for community members. The construction you see on main post is not

just about improving your quality of life; it is about making our installation safer and more efficient. I know it can be inconvenient, but I ask for you to be patient as continue to make the Grafenwoehr Military Community the premier installation to live, work and train.

Supporting our troops

Our purpose here is to support our Army in its mission. That means providing products and services, and improving the quality of life of all Soldiers, family members and civilians. But our role as a community is not limited to material things. Being a community means supporting one another and remembering those who are deployed. Just making contact and asking how your neighbor is doing while downrange or calling their family and asking if anything is needed can make a world of difference. Please take the time to support those affected by deployments. The Grafenwoehr Military Community is unique, not just in its size, but in its diversity and willingness to support others.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

CSM Corner



Fall cleanup is coming to Graf soon

Garrison to prepare for winter, Oct. 25-29

The end of the year is quickly approaching and with it comes preparation for the long, cold months ahead. In order to make sure our post is clean and ready for the fresh drifts of snow, we need to gather for our annual fall cleanup.

Fall cleanup runs from Oct. 25-29, and there will be several phases. However, it is imperative that everyone gets out and helps beautify our surroundings. This is our post and it is our responsibility as a whole to keep it beautiful.

Measures are in place to ensure all cleanup efforts are supported by either employed host nation resources like bulk trash and recycling pickup or from our own internal garrison resources. Below are the phases in which the clean-up will be accomplished.

Phase I

Phase I will begin Oct. 25, at 9 a.m., and consist of cleaning in and around housing areas and Soldiers' quarters. Maximum participation of housing oc-

cupants is necessary to successfully execute this program. Soldiers will report to their area/building coordinators to receive specific instructions for cleanup.

Sponsoring units will also participate in their respective areas, Oct. 25-29. The focus will be on the entire building (basements, washrooms and storage rooms) and a 50-foot perimeter around the buildings and common areas.

Phase II

Phase II runs from 9 a.m., Oct. 26, until 5 p.m., Oct. 28. It will include policing trash, sweeping parking lots and curbs, mowing, trimming and area beautification. The end result being a thorough cleanup and consolidation of trash and debris for bulk pickup (bulk pickup is for on post only; leased housing areas will need to consult their regularly scheduled bulk trash pickup schedule).



Tenant units, support agencies and commercial establishments will take time out Oct. 26, to clean their areas of responsibilities. All agencies occupying facilities are required to participate in the cleanup efforts.

Oct. 26-28: Cleanup of unit areas of responsibilities. Rose Barracks bulk trash pickup is on Oct. 26 for on post housing areas and Oct. 28 for troop barracks areas. There will be a sign placed in each cul-de-sac designating where to place bulk trash. No material should be set out before signs are posted. On post residents on Main Post Grafenwoehr will place bulk trash items by their trash receptacle location to be picked up Oct. 26 for housing, and Oct. 28 for barracks areas.

Remember, this is your home. Keep it clean and something to be proud of. See you out there.

*Command Sgt. Maj.
William Berrios
CSM, U.S. Army
Garrison Grafenwoehr*

Military discounts: Ask and you might receive

by Caroline S. Tetschner
Cinchouse.com

A friend of mine once called me "a frugal German." I took pleasure in that apt description because it spoke of my reputation as an, "economically savvy budgeter." Or maybe he just thought I was cheap. In any event, I have learned that by always asking a retailer or business if they offer a military discount, I've saved thousands of dollars in the last 10 years.

But there's a little known fact about military discounts — most of the regular discounts, for instance a standard percentage off for military that is always in effect, are rarely, if ever, advertised.

As an example, my husband and I went shopping at a big box hardware store in search of a kitchen sink and new faucet. As the cashier was ringing up our order, I casually asked if they offered a military discount. "Yes," he replied and sure enough we instantly saved 10 percent or about \$40 off those two large purchases.

If you are shopping for a specific

item, however, like the latest paperback bestseller for your upcoming vacation, these sites offer info on places that discount for military families: military discounts at Navy Times and at military.com.

Through these websites, I've learned that if you ask, Barnes & Noble will offer a military special of free shipping and 6 percent off their online orders. This equates to at least a 20 percent savings, since a large part of online book sale fees come from shipping charges. And these are just a sampling of the numerous sites out there offering information on military-based discounts.

But keep in mind, that none of the retailers mentioned openly advertised these great military savings at their outlets. So, do ask, and carry your military I.D. whenever it's feasible.

In addition to the numerous other benefits you get as a military spouse or member, view your I.D. card as a "constant coupon," that pays back dividends on varied and numerous occasions.

Courts-martial

by JMTC Office of the Staff Judge Advocate

News Release

At a special court-martial convened in Vilseck, Sept. 20-21, Master Sgt. Roland I. Baldomero II, Headquarters and Headquarters Company, Task Force 2nd Battalion, 28th Infantry Regiment, 172nd Infantry Brigade, was found guilty, contrary to his pleas, of one specification of fraternization (Article 92, UCMJ), one specification of violating a lawful order (Article 92, UCMJ), two specifications of driving while intoxicated (Article 111, UCMJ), and one specification of adultery (Article 134, UCMJ).

He was found not guilty of one specification of fraternization (Article 92, UCMJ), and not guilty of abusive sexual contact by causing bodily harm (Article 120, UCMJ).

The military judge sentenced Baldomero to be reduced to the grade of staff sergeant.



Photo by Kim Gillespie

From left to right: U.S. Army Garrison Grafenwoehr's Command Sgt. Maj. William Berrios, Col. Vann Smiley, garrison commander, and Col. Michael Higginbottom, Joint Multinational Training Command's chief of staff, take a stab at cutting the Combined Federal Campaign Overseas cake at Rose Barracks, Sept. 23. Last year, the CFC-Overseas raised \$15.6 million. This year's campaign runs through Dec. 3. For more, see your organization's CFC representative or visit www.cfcoverseas.org.



Photo by Jeremy S. Buddemeier

Attendees gather with officials to officially open the pavilion at U.S. Army Garrison Grafenwoehr’s USO, Sept. 28. The pavilion features an outdoor theater system, two smokers and grills, handcrafted log picnic tables and free Wi-Fi.

Graf hosts grand openings galore

by U.S. Army Garrison
Grafenwoehr Public Affairs
News Release

The U.S. Army Garrison Grafenwoehr community celebrated several grand openings, recently, including the USO’s new pavilion, the bowling alley’s Java Cafe (both on Main Post), and the new Rose Barracks’ Warrior Zone.

More than 50 Soldiers and family members gathered at the USO pavilion, Sept. 28, as the organization concurrently opened its outdoor entertainment area and celebrated the USO’s one-year anniversary at Grafenwoehr. The pavilion features an outdoor theater and audio system, two smokers and grills, and six handcrafted log picnic tables. In addition, the outdoor area is within range of the USO’s free Wi-Fi service.

“The USO has a special place in my heart and I know it does for our Soldiers, too,” said Brig. Gen. Steven Salazar, commanding general, Joint Multinational Training Command, during the ceremony.

Salazar said more than 49,000 community members have used the facility since it opened one year ago.

One of those 49,000, Sgt. Michael Miranda, an evacuation noncommissioned officer with the 172nd Infantry Brigade, is among the USO’s regulars.

“I love the USO,” Miranda said as he took the last few bites of his lunch. “A lot of people don’t use it to its full effect.”

Miranda said he routinely reminds his Soldiers to go over to the USO to call their families.

In addition to its three phones at which users can make free calls to the United States, the USO provides an Xbox game room, children’s area complete with Disney movies and a Wii console, and offers free, home-cooked meals Tuesdays, Wednesdays and Thursdays, from 5:30-6 p.m.

In October, Fridays (Oct. 15 and 29) are BYOS (Bring Your Own Steak), where community members bring items to grill and the USO provides the side dishes and condiments. Units can also reserve the pavilion for an organizational day or party.

For upcoming events, including a Halloween

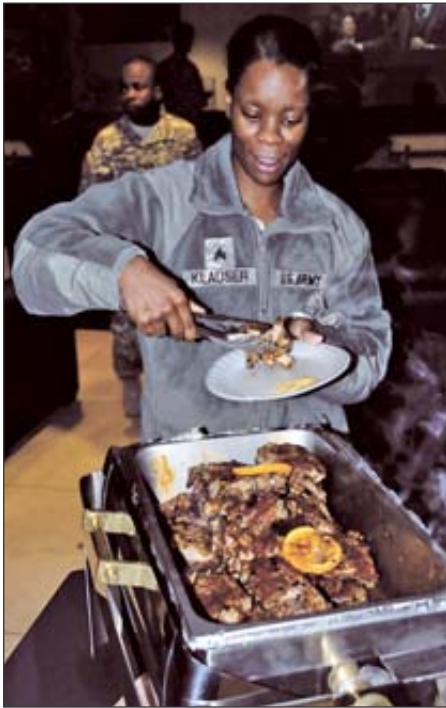


Photo by Jeremy S. Buddemeier

Sgt. Marece Klauser, 2nd Stryker Cavalry Regiment, samples some ribs during the grand opening of the Warrior Zone at Rose Barracks, Oct. 1. The Warrior Zone is cozy place for Soldiers to play video games, access Wi-Fi and just relax.



Photo by Trecia A. Wilson

Employees of the new Grafenwoehr Java Cafe prepare to hand out samples of the cafe’s new Signature Sandwich wraps, Sept. 30. The cafe, which is inside the bowling alley opens at 7 a.m.

costume party and a midnight showing of “The Rocky Horror Picture Show,” visit www.uso-grafenwoehr.com or stop by the USO.

Java Cafe

The new Java Cafe on Grafenwoehr’s Main Post opened its doors to the applause of approximately 40 people, Sept. 30. Those in attendance were treated to samples from the new food and drink menu, which included Starbucks hot and frozen coffees, a variety of sandwiches, wraps, grilled paninis and Primo’s pizza.

“We’re so happy it’s finally complete,” John Ramsey, business operations officer for the bowling alley and cafe. “This project has been in the making for six years.”

The cafe was remodeled from the former restaurant, Lane 25. It has a warm, inviting atmosphere where customers can sit and relax. There are areas for eating or just lounging and wireless Internet is available.

“What makes this Java Cafe different is that it’s

not just a coffee shop, it’s a full service restaurant and bar with the most robust menu of any Java Cafe in the Army,” said Ramsey.

The cafe offers more than its Vilseck counterpart because in addition to coffee, the cafe will serve breakfast, lunch and dinner.

The cafe opens at 7 a.m. for breakfast and is closed Wednesdays. For more information, call the Main Post Bowling Center at DSN 475-6177, CIV 09641-83-6177.

Warrior Zone

More than 100 Soldiers and family members packed the vestibule of the Rose Barracks’ Warrior Zone prior to the ribbon cutting, Oct. 1. The Zone occupies Building 227, the former home of “Yesterdays” and “Rosie’s Diner,” across the street from the veterinary clinic.

Col. Vann Smiley, commander, USAG Grafenwoehr, expressed his excitement about a place where Soldiers could let their hair down.

“To see a place like this that is built for Soldiers – that is something we should have done a long time ago. This is your Warrior Zone,” he said, before calling three volunteers to the front to cut the ribbon and officially open the Zone.

Attendees poured into the center, grabbing a seat on one of several oversized couches in the main room as Ironman II played on the big screen. Others headed to the Xbox, Wii and PlayStation3 game rooms after filling their plates with hors d’oeuvres.

“I like it – it looks like the one downrange,” said Sgt. Marece Klauser, Regimental Support Squadron, 2nd Stryker Cavalry Regiment. Klauser said she planned to use the Warrior Zone’s computers and TVs but doesn’t really play video games.

In addition to the gaming rooms and main room, the Zone features 13 free Internet consoles, free Wi-Fi, and a small multipurpose room with a separate sound system and movie projector, making it twice the size of its Main Post sibling.

Less than a half an hour into the opening, an officer dropped a crisp \$100 bill and said the next \$100 worth of drinks were on him. A line quickly formed.

RAD brings services to retirees

Retiree Appreciation Day set for Oct. 22

by Keith G. Harry
U.S. Army Garrison Grafenwoehr

Once again U.S. Army Garrison Grafenwoehr is proud to host retirees and surviving family members at its annual Retiree Appreciation Day, Oct. 22. The event is part of the commander’s program to thank military retirees for their service and continued support. All U.S. military retirees from all U.S. services, their family members and survivors are welcome.

Important reminders

- Clinics open at 7 a.m. (Bldg. 475)
- Information booths open at 8 a.m. (Bldg. 244)
- Opening ceremony is 9 a.m. (Bldg. 244)
- Those having blood drawn during the RAD will need to fast starting at 7 p.m. the day prior (Oct. 21).

As in previous years, numerous organizations will provide guidance and information on the vast array of services available. Services in Building 244 will start at 8 a.m. Several agencies that provide services and information to military retirees will be there, including the legal office, Federal Benefits Unit American Consulate General, Veterans Affairs, U.S. Customs, Defense Finance and Accounting Services (DFAS), Survivor Outreach Services (SOS), Army Emergency Relief (AER), passports and DEERS ID cards. Each agency will have a subject matter expert to provide information and guidance on its services.

Although the event has been held on Saturdays in the past, this year it was scheduled on a Friday to reach members of our retiree community that could not attend on Saturdays. Because RAD is on a Friday, additional offices that will be open include Army Community Service, Finance Cage, Postal R Box Services, FMWR, DES/IACS, USO and Red Cross.

The opening ceremony will start at 9 a.m., in the first floor lobby of Building 244. Our keynote speaker is Brig. Gen. Steven L. Salazar, commanding general, 7th Army Joint Multinational Training Command. USAG Grafenwoehr also is supporting our effort in the workplace. Retirees working in the garrison will be allowed to take administration leave to attend RAD events.

Clinics

The theme for this year’s RAD is Health and Fitness. The Grafenwoehr Health and Dental Clinic (Bldg. 475) will also provide services to our retirees and their families. On the day of the RAD, the clinic will kick-off services at 7 a.m. and no appointments are needed. The medical clinic will offer eye screening and provide eye glass ordering for patients who have a prescription dated within one year. Patients can also receive a hearing screening. If hearing aid adjustments or further testing is required, a follow-up appointment can be scheduled.

The medical staff will also provide information on the Retiree at Cost Hearing Aid Program (RAC-HAP). Tricare will provide benefit counseling. The immunization office will provide flu and pneumovax shots and the pharmacy will open for service after patients have seen a provider for medication. The dental clinic will provide oral cancer screenings, limited cleanings and information on the Tricare dental program.

Also that morning, the clinic will offer lab work to retirees enrolled with the Grafenwoehr, Vilseck and Hohenfels clinics. Patients who have

See RAD, page 25

College Fair offers opinions, information

Story and photo by
Molly Hayden
Staff Writer

At the sound of the dismissal bell, hundreds of Vilseck High School students scurried to catch the bus home. A select few, however, stayed behind to gather information at the annual College Fair, held in the high school’s multipurpose room, Sept. 29.

When it comes to picking a college or university, the options can seem overwhelming, but volunteers representing more than 40 schools including the Massachusetts Institute of Technology, West Point and Truman State, hoped to make it easier.

“A college education is important,” said 2nd Stryker Cavalry Regiment Rear Detachment Commander Maj. David McCulley, who volunteered for the event. “We give the kids as much information we can so they can make the best decision about their futures.”

Volunteer Ken Stark, director of the Directorate of Logistics, agreed.

“It doesn’t matter what schools

these kids go to,” said Stark. “As long as the information we provide gets them thinking about college.”

Many of the volunteers shared personal experiences of their alma maters, including academics and dorm life, while a few Vilseck High School students researched universities and shared their findings with fellow classmates.

The research was part of an extra credit project for an Advancement Via Individual Determination class.

“We chose the University of California because it has a great journalism program,” said sophomore Melissa Morris.

“And that’s what we’re both interested in,” piped in project partner and fellow sophomore Mariah St. John.

The two girls continued their conversation bouncing around the idea of being a broadcast journalist or a script writer or a newscaster or a television host or a ...

“OK, so we don’t know exactly what our focus will be, but we know that we want to work in television,” said Morris. “And we know we need a school that works with our major and our budget.”

Representatives were on hand to guide students through the financial aid process and offer advice on scholarships and programs. Academic strengths, sports programs and degree programs of various universities were also discussed.

“We hoped to provide students and parents with a variety of post-high school opportunities and give them some tools to aid in the process,” said USAG Grafenwoehr School Liaison Officer Ann Bruenig.

Many students, including junior Dominic Anderson, began their search by narrowing down their field of study.

“They have a good international business program, that’s something I might be interested in,” said Anderson, pointing to an informational packet for Touro College Berlin. “But I’m also looking for a school with a good film and video program.”

Although he hasn’t quite decided where his future education will take him, Anderson does have a goal.

“I like money. I want to make a lot of money,” he said.



Two Vilseck High School students speak with the Vanderbilt University representative during the College Fair, Sept. 29.



Staff. Sgt. Christopher A. Orta, 173rd Airborne Brigade Combat Team rear detachment cadre, prepares for the Master Resiliency Trainer course in Grafenwoehr, Sept. 13-24. At the course, Orta, other U.S. Army in Europe leaders, and family members learned resiliency training skills and ways to teach others to be resilient.

Photo by Spc. Adam P. Garlington

Soldiers, families bolster resiliency

Program gives students tools to improve their environment

by **Spc. Adam P. Garlington**
and **Sgt. Fabian Ortega**
U.S. Army Europe Public Affairs

Soldiers in brigade combat teams endure unique experiences and hardships that increases stress during deployments.

Some of those Soldiers attended the Master Resiliency Training course in Grafenwoehr, Sept. 13-24, to learn skills and techniques to help themselves and others in their units recover from deployment challenges.

"Oh great, it's another 'Here's the teddy bear, love and hug it' course," Staff Sgt. Wayne S. Sticker said, remembering what he thought prior to attending the new Master Resilience Trainer course.

Instead, he was pleasantly surprised.

"Of all the schools I've attended in my 10 years in the military, this has been the best," said Sticker, a signal noncommissioned officer with the 412th Aviation Support Battalion. "It's more about giving your Soldiers the tools they need to build relationships with others and ultimately reduce stress," he said.

Soldiers like Sticker said they learned skills and techniques that could help them deal with personal issues they may face during their deployments.

Resiliency training teaches Soldiers who are fighting adversity to proactively solve problems rather than letting problems evolve into a crisis that needs intervention, according to Lt. Col. Ronald D. Daniel, U.S. Army Europe Comprehensive Soldier Fitness coordinator.

Throughout the course, participants learned assertive communication, real time resilience and problem solving, as well as how to identify strengths in self and others. The techniques are backed by 30 years of research, said Daniel.

The two-week course was divided in half. The first week was devoted to incorporating thinking skills and imparting them to other people, and the second week centered on students developing lesson plans and teaching resiliency methods.

As a mortarman with the 172nd Infantry Brigade Combat Team, Staff Sgt. Allen M. Martinez



Photo by Sgt. Fabian Ortega

Soldiers review the curriculum of the Master Resilience Trainer course at the Tower Inn in Grafenwoehr, Sept. 23. U.S. Army Europe added 81 new Master Resilience Trainers to its units and communities across Europe this month.

experienced emotional and social problems that affected his personal and professional life after the loss of a friend.

"In Operation Iraqi Freedom, I lost one of my best friends," he said. "I would not show up to work on time and isolated myself. I let this event overwhelm me."

Martinez said the skills he learned in resiliency training will help those who find themselves in similar situations.

Personal loss and 'catastrophizing'

Another aspect of the training was about "catastrophizing." Soldiers preparing for their first deployment can experience high amounts of anxiety and automatically expect the worst outcome.

Staff Sgt. Sean West, 2nd Stryker Cavalry Regiment motor transport operator, said he experienced catastrophic thinking himself.

"A person's negative attitude influences his actions and makes the worst outcome possible," said West. He said the training showed the way to defeat catastrophizing is to recognize the best outcome, recognize the most likely outcome, and then plan for the most likely outcome.

Communicating openly and talking before problems compound is another proactive approach participants learned during the course, said Staff Sgt. Christopher A. Orta, 173rd Air-

borne Brigade Combat Team rear detachment cadre, and veteran of numerous deployments.

On his deployments, Orta said Soldiers' mission performance was sometimes hindered because they were reluctant to approach leaders with potentially embarrassing personal issues.

"They need to realize a leader will do everything to ensure their problems are resolved," said Orta. "They can trust their leaders because 99 percent of the time those leaders have experienced the same problems."

Families and civilians

In addition to Soldiers, family members and civilian employees also participated in the program.

"When I came here I was really impressed," said Amanda M. Sims, the family readiness group secretary for 1st Battalion, 77th Field Artillery Regiment, 172nd Infantry Brigade. "It's a program the Army has adapted from the civilian sector and tailored it to fit the Army life."

While her husband did not take part in the course, she said other Soldiers were really accepting of the spouses coming into their space.

"We are not the stepchildren of the program, they have really embraced us," said Sims.

Eleven family members and civilian employees completed the course, who, along with the other MRTs, will share their training with USA-REUR families, colleagues and friends.

MRTs will be responsible for providing annual training to subordinate units and will implement their own training program, totaling 28.5 hours per year, with some guidance from the Department of the Army and USAREUR, Daniel explained.

Under current Army mandate, there will be at least one MRT in every battalion, Daniel said.

"Resiliency is about avoiding self-defeating traps," said Brig. Gen. Rhonda Cornum, the Army's CSF program director.

It takes a developed and resilient mind, to put money problems, relationship issues, health issues or tragedy on the battlefield into perspective, so the Soldier can continue with the mission and with life, she said.

USAREUR has more than 100 MRTs in its ranks ready to share their knowledge and plant the resiliency seed.

For more, visit www.Army.mil/csf.

First civil affairs brigade in Europe activates

by **1st. Sgt. Bobby J. White**
7th Civil Support Command
Public Affairs

KAISERSLAUTERN, Germany — A bright and sunny day provided a perfect setting for the official activation ceremony for Europe's first civil affairs brigade on Daenner Kaserne's parade field here, recently.

The 361st Civil Affairs Brigade and its subordinate 457th Civil Affairs Battalion were formally added to the rolls of the military as their Soldiers stood in formation on the parade field. Both units are part of the 7th Civil Support Command, the only U.S. Army Reserve command completely stationed abroad.

Soldiers serving with the brigade are assigned to reserve units located in Germany and Italy. Many of the Army Reserve Soldiers in the brigade were called upon to conduct various missions in support of the 7th CSC, the 21st Theater Sustainment Command, the Joint Multinational Readiness Command, U.S. Army Europe, and U.S. European Command.

In addition, the Army Reserve Soldiers of the 361st CA Bde. provide civil affairs training to NATO members in conjunction with EU-COM's military to military program, as well as support missions like Joint Task Force-East in Romania and Bulgaria in 2009, and other missions in areas like Azerbaijan, Uganda and Germany.

"Many of the Soldiers on the field today have been fully engaged in the monumental task of forming this new civil affairs brigade ... which is the first of its kind stationed on foreign soil," said Col. Friedbert Humphrey, commander of the 361st CA Bde.

Brigade Command Sgt. Maj. Jeffery Miller addressed the Soldiers before the activation ceremony on the parade field.

"Stand tall and proud; this is a day that you will remember for the rest of your lives," said Miller. "I am honored to activate this historical unit here in Europe and to serve as the brigade's first command sergeant major."

In conjunction with the activation ceremony of the 361st CA Bde., the 457th CA Bn., also in Kaiserslautern, activated along with its four line companies in Italy and Germany. Company A is located in Vicenza, Italy. The other three companies are from outlying areas in Germany. Company B is from Bamberg; Company C is from Wiesbaden; and Company D is from Grafenwoehr.

In their civilian jobs, the Army Reserve Soldiers of the brigade and battalion are employed throughout Europe in jobs such as public health professionals, lawyers, water management specialists, sewage plant directors, college professors, unit administrators and engineers. In addition to these broad career fields, they also bring foreign language abilities, such as Arabic, Czech, Korean, Polish, Portuguese, Russian and Swahili.

"My cultural and religious background originating from India and my military specialty, which is animal care specialist and food inspector specialist will be a great asset during deployments and will help support the president's national security strategy," said Staff Sgt. Yasmin Khan, Company B, 457th CA Bn.

The 361st CA Bde. will assist commanders in developing effective working relationships with civil authorities and local populace during peace time, contingency operations and in support of disaster relief efforts.

"Living in a wide variety of European cultures, our civil affairs Soldiers are refining their cultural, language and interpersonal relationship skills on a daily basis," said Humphrey.

Cadre Focus prepares forecasters for deployment

Airmen learn proven tactics from recently redeployed Soldiers

by **Sgt. Michael A. Simmons**
110th Public Affairs Detachment,
RI Army National Guard

Air Force weather technicians participate in exercise Cadre Focus at the Grafenwoehr Training Area, Sept. 20-24, to refresh and enhance their skills prior to deployment.

Cadre Focus is a weeklong training exercise for Air Force battlefield weather technicians from Europe that are deploying in support of the Army. The exercise provides airmen with

meteorological equipment and tactical training, which is taught by instructors that have recently returned from deployment.

"The role of a battlefield weather forecaster is to support and integrate into Army operations," said Staff Sgt. Charles Higgins, a Cadre Focus instructor. Higgins said that the training enables the forecasters to operate more efficiently outside of the confines of an airfield and to satisfy the Army's particular needs.

Battlefield weather forecasters provide the Army with weather forecasts and conditions that are relevant to Army air and land operations.

"Exercise Cadre Focus' goal is to allow for more rapid integration down range so the forecasters can

contribute to the mission as soon as possible," said Higgins.

The exercise, hosted by the Joint Multinational Training Command, currently has 13 students and six instructors, and is conducted four times a year at the Grafenwoehr Training Area.

The Combined Arms Training Center offers 70 courses using traditional classrooms, mobile training teams, distributed learning centers, and online courses, training more than 10,000 Soldiers, civilians and partner-nation students each year.

"JMTC supports everything and provides the equipment," said Air Force Capt. Shaun Wallace, 7th Weather Squadron, Detachment 2, the officer-in-charge for Cadre Focus.

In 2006, Cadre Focus was moved to the Grafenwoehr Training Area because of the convenient geographical location, facilities and ranges, Wallace said.

In addition to the instructors offering their insight and lessons learned from recent deployments, the course includes familiarization with equipment, significant weather, geography and terrain features in Iraq and Afghanistan.

"The most beneficial portion of Cadre Focus was the hands-on training and familiarization with various types of equipment that is only used during deployments," said Tech Sgt. Megan Curran, a weather forecaster from the 39th Operations Squadron at Incirlik Air Base, Turkey.

Civilian returns from IED fight

by **Denver Makle**
7th U.S. Army JMTC Public Affairs

After 24 years in the military, nothing would surprise Rod Mathews, chief of future operations at the Joint Multinational Training Command in Grafenwoehr. He wasn't even surprised to find himself in Zabul Province, Afghanistan, dressed in full battle rattle again, after his military retirement. You see, Mathews volunteered to participate in the Civilian Expeditionary Workforce program. In January 2009, a Department of Defense directive established a subset of the DoD civilian workforce to be created, organized, trained and equipped to perform jobs that fulfill operational requirements downrange. Mathews was the first U.S. Army civilian employee of U.S. Army Europe to participate. He left for Afghanistan July 7, 2009, and returned exactly one year later.

"I figured, why not? The way I saw it was it was an opportunity to directly support the war effort," said Mathews. "We support it here at JMTC by training Soldiers, but I think you lose the bubble on what's going on downrange really quick. I think it is important that we try to maintain visibility or situational awareness on what's going on downrange, especially in our jobs. We're supposed to be the ones developing and supporting the training."

In theater, Mathews was a civilian tactical exploitation specialist assigned to a Navy Explosive Ordnance Disposal team, and directly supported the 1-4th Infantry, JMTC's forward-



Courtesy photo

Rod Mathews, chief of future operations at the Joint Multinational Training Command in Grafenwoehr, walks alongside a vehicle while working as a civilian augmentee in Zabul Province, Afghanistan.

deployed unit, based out of Hohenfels, Germany, at the Joint Multinational Readiness Center. Since 2006, the 1-4th has regularly deployed to Afghanistan with the Romanian Land Forces sending a company-size unit, during each International Security Assistance Force (ISAF) rotation. "I was able to support my own unit when I was down there, which to me was an honor," he said. "Many of the men I conducted missions with I

had known and worked with for a few years from my work at JMTC." The Navy EOD team would render the devices safe, so Mathews could collect, preserve, exploit, classify and process the evidence. "While the device was being rendered safe, my responsibility was ensuring the EOD team's security. So, I would coordinate with the unit that had either called it in or our (Quick Reaction Force) and make sure they had a good cordon around the EOD

Protecting against IEDs

- **Know your battle drills – act and don't react to the situation**
- **Conduct rehearsals prior to every mission – practice makes perfect**
- **Stay up-to-date on the latest enemy tactics, techniques and procedures**
- **Don't set patterns – the enemy is always watching for ways to take advantage of known patterns**
- **Respect and don't fear the IED – view it as another enemy weapon system**

team," he said. "After it was over with, I would lead the search for forensic evidence." Mathews said he really respects the Navy EOD. "These guys are some extremely competent, brave men," he said. "They are rendering safe 50-to-200 pounds or more of unstable, home-made explosives for us to get the forensics off it. They're taking this dangerous step of rendering it safe, when really they could just blow it up. They accepted so much risk to make sure we could get the evidence off of these IEDs." That's the only way the good guys are distinguished from the bad guys, Mathews said.



Command Sgt. Maj. Robert J. French, 172nd Infantry Brigade, congratulates Spc. Donny Washington (right), food service specialist, and Staff Sgt. Keldric Kears, senior food operations service sergeant, for winning 2010 Culinary Warrior of the Year award, Sept. 14.

Washington, Kears are Culinary Warriors of the Year

Story and photo by
Spc. Robert J. Holland
172nd Infantry Brigade Public Affairs

Two Soldiers represented The 172nd Infantry Brigade decisively at the 2010 U.S. Army Europe Culinary Warrior of the Year competition in Heidelberg, Germany, Sept. 14.

The USAREUR Culinary Warrior of the Year winners were Staff Sgt. Keldric Kears, senior food operations service sergeant, (NCO category), and Spc. Donny Washington, food service specialist (junior enlisted category).

Both Soldiers said they spent four months preparing and competing at various levels to get to the USAREUR board. Kears and Washington had to go in front of a board made up of USAREUR food service sergeants major. The two Soldiers were judged on their uniform's appearance, basic Soldier skills, food preparation, sanitation and nutrition.

Washington said he competed against approximately seven other USAREUR Soldiers and waited about three hours for the judges to announce the winner. He said he was a bit nervous with his performance on the board and knew he had made some minor mistakes; however, those mistakes did not stop him from winning the competition.

"I wanted to jump and dance but I had to keep up my military bearing," Washington said. "It feels great, I am proud of myself and I am proud of my NCO for training and leading me in the right direction."

Kears and Washington both said they credit their success to their love of working in food service.

"I love it, I think food service is the best job out there" Kears said. "What motivates me at the end of the day is when the Soldiers come through line and I see them smiling. You're providing a service to people and that's what I love to do."

Kears also said that he attributes some of his success to his time with the 172nd Inf. Bde. at Grafenwoehr.

"This is the best dining facility I've worked in. It's different than any military installation DFAC I have worked with before," Kears said. "I am glad I came to the 172nd Inf. Bde."

This year, the dining facility at Grafenwoehr placed first in Europe in the Phillip A. Connelly Awards Program, which recognizes excellence in the Army food service field.

2SCR injured warriors get top in-country care

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — Sometimes, for a true warrior, the biggest defeat they can suffer is being removed from the fight by a minor injury.

Recognizing the psychological need for Soldiers to remain connected to their comrades and the mission, the 2nd Stryker Cavalry Regiment has developed the Dragoon Case Management Program. The DCMP is an in-country patient treatment program located at Kandahar Air Field. It is designed to provide Soldiers with minor injuries or behavioral health issues the treatment and physical care they need without sending them home.

"Keeping Soldiers in theater when they are hurt makes them feel like they are still a part of the team," Capt. Bryan Cahill the 2SCR Regimental Nurse said, "A part of 2SCR; they are still a part of the family."

It is all about the right treatment at the right place at the right time. We treat Soldiers as far forward as possible to take care of their needs. Cahill explained that they used the case management name to avoid any



Courtesy photo

Col. James Blackburn, 2SCR commander, left, and regimental Command Sgt. Maj. Mark Morris listen to one Soldier's story during a recent DCMP visit.

confusion with the Wounded Warrior concept or the Warrior Transition Unit back in Vilseck.

"We went with Dragoon Case Management because Wounded Warrior sounds too much like WTU," Cahill said. "Some Soldiers think 'A WTU oh man, that means I am out of my unit. I'm done!'"

Cahill went on to explain that a WTU is a separate unit. Soldiers are no longer in their chain of command even

though, as Dragoons, we still reach out to them.

"We went with the DCMP to eliminate confusion for the Soldier or anyone back home," he said.

When Soldiers arrive at KAF, they are provided barracks rooms stocked with all the necessities to make them feel at home. Bunks, linen, PT belts and personal hygiene items are available for Soldiers.

"We have everything there to make them feel at home,"

Cahill remarked. "It isn't like we tell them to go hang out in a tent and come to physical therapy when they can."

In fact, life in the DCMP is very structured to insure the best quality care. The program is overseen by Staff Sgt. Sean Riley and Sgt. Jennifer Kendrick. These two NCOs run the day-to-day operations at DCMP. They check on each Soldier several times a day and make sure all normal military standards are upheld.

According to Cahill none of the Soldiers are allowed to just sit in their room and feel sorry for themselves. Each patient, in between the required medical appointments, works with the Squadron liaison on KAF helping in a variety of positions.

Since the beginning of the deployment, 2SCR has admitted 46 Soldiers into the program and 23 have returned to their units. Only 13 Soldiers needed to be evacuated to Landstuhl Regional Medical Center for further treatment. There are currently 12 Soldiers from across the Regiment enrolled in the DCMP.

When a Dragoon is seriously injured and must be evacuated to the U.S. for further treatment, the 2nd

Cavalry Association has been designated by the Regimental Commander as the official representative of the 2d Stryker Cavalry Regiment at Walter Reed Army Hospital or any other military hospitals to which they might be sent.

A representative of the Association meets with each Soldier as they arrive at the hospital. The Association keeps track of the patient's progress the entire time they are hospitalized and helps coordinate any arrangements with the Wounded Warrior Program in the hospital.

The association provides a weekly report to the regiment, unit commanders and the rear detachment on each visit with the Soldiers. The association also keeps track of units working directly with the Regiment such as the 1st Battalion 4th Infantry Regiment from Hohenfels, Germany.

Dragoons have long prided themselves on being more than a regiment; they are a family. The longstanding motto is "Dragoons for life."

So whether it is in the deserts of Kandahar or stateside at Walter Reed, troopers can be sure there will be a Dragoon there to watch over them.

Commerce Stability Program empowers Afghans

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — The Government of the Islamic Republic of Afghanistan working alongside Afghan National Security Forces and Coalition Forces from the Provincial Reconstruction Team are working together to empower the people of Shah Joy with hope in a brighter, safer future. A great example of GI-RoA's efforts is the newly developed the Commerce Stability Program.

CSP is a village-level security force made up of local men similar to a neighborhood watch. Like the

Minutemen of old, these individuals agree to take up arms and defend their homes. The program hires men from each village and paying them to man observation posts. CSP is run by the Ministry of the Interior, but they are supervised by the Afghan National Police. They work together toward a common goal of providing a safe environment for the people.

Capt. Max Pappas, Team Leader of the Shah Joy PRT said, "The idea that there is a Pashtu face on security in Zabul Province and Shah Joy is a powerful message to the citizens."

"The intent behind the program is to provide the locals with some type

of empowerment," he said. "They have been completely sidelined by the war."

Pappas went on to explain that the program will better allow for communication between the local population and ANSF forces. This interaction between the ANP and Pashtun natives is critical for the future success of the region.

According to Pappas, most of the ANSF forces providing security for these villages are made up of police officers from other tribes that speak Dari. Some of the ANSF don't share the same language or religious ideals as the villagers of Shah Joy. By

working side-by-side with the ANP, the CSP program is promoting cooperation and understanding between tribes.

CSP guards are hired on a one year contract. As that contract comes to an end each is given the chance to continue working by working for the ANP.

Pappas said that GI-RoA is working hard alongside Coalition forces to spread the idea of a safe and secure Afghanistan to the more remote villages of Shah Joy district and the entire Zabul Province letting citizens know they have better and brighter future to look forward to.

Energy tip

- **Computer monitors use 60 watts of power per hour. Monitors should be turned off you expect to be gone for more than 10 minutes.**

18th CSSB Soldier takes on ESPN, on and off the ice

Story and photo by
Capt. Jennifer Dyrce
18th CSSB Public Affairs

In preparation for ESPN's live Veterans Day show at the Grafenwoehr Training Area, several news media representatives from ESPN visited Soldiers in Grafenwoehr, Sept. 13-17, for pre-interviews and tapings.

One of the Soldier-athletes interviewed was Staff Sgt. Christopher Sheehan, who works as a heavy construction engineer and platoon sergeant for 23rd Ordnance Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade.

While it is not uncommon to interact with reporters and media personnel in places like Iraq or Afghanistan, finding out ESPN wanted to interview him was an exciting surprise to Sheehan, who feels just as comfortable on the ice with a hockey stick in hand as he does in the field carrying an M-16 rifle.

"I was humbled and glad to get the word out about the human side of Army veterans playing the sports they love. The bonds formed on the ice are just as strong as those formed on the front lines. For example, two of my first season team members will be coordinating their vacation time from downrange around the Armed Forces Europe Invitational Hockey Tournament at the end of January," said Sheehan.

Sheehan was an exceptional candidate for ESPN due to the various sports and Soldier activities he has



ESPN Feature Producer Denny Wolfe (left) interviews Staff Sgt. Christopher Sheehan of 23rd Ordnance Company, 18th CSSB, Sept. 13, in preparation for ESPN's Veterans Day live show.

participated in throughout his adult life.

"For ESPN his story was unique, even more so due to his language skills because he was able to be interviewed for ESPN SportsCenter in English and their Spanish language channel ESPN Deportes," said Den-

ver Makle, Joint Multinational Training Command's deputy public affairs officer.

Sheehan had initially wanted to enlist in the Army as a Spanish linguist, but it was the mentorship of a high school coach who helped divert his path just a little.

Sheehan said he remembers how his high school hockey coach told him he could join the Army at any time, but if he wanted to learn Spanish, the best way was complete cultural immersion. With a phone call to a friend in Europe, Sheehan's coach set him up with a newly formed Spanish

hockey team out of Barcelona, Spain, called Anoia Hockey Club.

For three seasons Sheehan developed his hockey game by playing any position available on the team, and developed his mind by learning Spanish.

In 2000, Sheehan went back to the U.S. and enlisted as a medic in the Massachusetts Army Reserves. He was soon able to use his Spanish language skills on a humanitarian mission to Ecuador where he assisted medical teams in giving aid to the local people.

It was during the initial interview with ESPN that Sheehan invited one of the feature producers, Denny Wolfe, who was himself a hockey player, to come out and join him during the upcoming Bayern Rangers practice.

The Bayern Rangers hockey team is comprised of Soldiers and Department of the Army civilians. This is their second season. They plan to expand their game time from last year when they only played in preparation for the annual hockey tournament in Garmisch, Germany.

With borrowed gear and a bit of a grin, Wolfe joined the Rangers for a pick-up game.

"It was a complete blast, and they even made me an honorary member," Wolfe said. "It was such a privilege for me to share this time with the Army players, and I was greatly touched as to what lengths they went so that I could play.

I'm going to try and come support the guys during their hockey tournament," he added.



Soldiers of the 18th Combat Sustainment Support Battalion, U.S. Army Garrison Grafenwoehr representatives and Bundeswehr Reserve Association members honor 1st Infantry Division Soldiers by placing a wreath at the 1st ID memorial in Cheb, Czech Republic.

Warhammers honor WWII Soldiers

Story and photo by
Capt. Jennifer Dyrce
18th CSSB Public Affairs

CHEB, Czech Republic — The 18th Combat Sustainment Support Battalion "Warhammers" remembered a group of Big Red One Soldiers who gave their lives in the name of freedom during World War II at a ceremony held at the 1st Infantry Division Memorial here, Sept. 11.

"I thought that by supporting the efforts of remembrance on September 11th, our participation with our host nation Soldiers and civilians of Germany was the appropriate thing to do," said Staff Sgt. Gerardo Cordero, who works as a platoon sergeant for the 1st Inland Cargo Transfer Company, 18th CSSB. "It really showed that despite past differences, we hold a mutual respect for service members."

The memorial is located on the outskirts of the city of Cheb, also known as Eger, and commemorates the 639 Big Red One Soldiers who were killed in the local area from Feb. 8 to May 6, 1945, as they helped to liberate Europe from Nazi Germany. The informational plaque at the memorial makes special note of the American Soldiers of

Czech heritage who had lost their lives in the land of their forefathers.

The American Soldiers brought a wreath from Grafenwoehr, Germany, which was placed by the Wachbattalion. The Wachbattalion, which is stationed in Berlin, is made up of German soldiers who are individually selected to represent the German military in German state functions and other ceremonial events.

"Placing the wreath was a moving and humbling experience, doubly so as it coincided with the World Trade Center attacks. Being here in Cheb is a day I will never forget, and we must not forget these Soldiers and their ultimate sacrifices," said Col. Michael Bendich, who works as the special activities officer for U.S. Army Garrison Grafenwoehr.

"At the 1st Infantry Division memorial monument, we were able to remember the fallen U.S. Soldiers. They had given their lives to liberate Europe from Hitler's Nazi regime, and I was happy to do this while standing beside those Soldiers from the 18th CSSB as they are partners with the market town of Freihung," said Bürgermeister Norbert Bucherl, the mayor of Freihung, Germany.

69th Anniversary Ball of Military Police Corps emphasizes strength

Story and photo by
Sgt. Adrienne Killingsworth
18th Military Police Brigade Public Affairs

MANNHEIM, Germany — More than 850 military police Soldiers and family members from throughout Europe came together, Sept. 25, at the Village Pavilion on Patrick Henry Village in Heidelberg, Germany, to celebrate the 69th Anniversary of the Military Police Corps Regiment.

For the second consecutive year, the MP Corps ball in Europe was hosted by the 18th Military Police Brigade. Col. Thomas Evans, commander of the 18th MP Bde., presided over the event, and retired Col. Ted Spain, commander of the 18th MP Bde. from Aug. 2002 to July 2004 during the invasion of Iraq, was the guest speaker.

"His influence on our regiment continues today," Evans said of Spain.

"You could say Col. Spain is significantly responsible for the current senior leadership of our regiment," Evans said, noting the seven seated or former military police brigade commanders and 15 military police battalion commanders who have served under the guidance of Spain.

Spain brought with him a pride in the legacy of the MP Corps that was an integral part of this year's theme — "The Army's Triple Strand of Strength" — a motto meant to highlight the three military occupational specialties within the MP Corps: law enforcement, corrections and criminal investigation.

The punchbowl ceremony, or "grog" as it is commonly known, emphasized the night's theme by including history from every unit represented at the ball and the unit's contributions to the regiment and the Army.

The pride of the MP Corps could be seen throughout the night's ceremonies and in the speeches given during the ball.

When Spain was introduced by Evans as the guest speaker, many in the crowd already knew they were going to get a rousing speech. Spain had already made a strong impression on many of the 18th MP Bde.'s Soldiers before the night of the ball.

While Spain was in Germany for the week leading up to the ball, he took the time to travel to the 95th Military Police Battalion here and the 709th Military Police Battalion in Grafenwoehr, Germany, to speak to their noncommissioned officers and officers about leadership.



Pfc. Chelsey Jones, 529th Military Police Company, 95th Military Police Battalion, mixes the "grog" at the Military Police Corps Regiment's 69th Anniversary Ball at the Village Pavilion on Patrick Henry Village in Heidelberg, Germany, Sept. 25. To represent the "Triple Strand of Strength" — this year's theme — ingredients were added by a military police Soldier, a canine handler and an internment specialist.

During those conferences with the NCOs and officers, Spain spoke with great pride about the Soldiers he'd led and the Soldiers he sees in the MP Corps today; Spain's speech at the ball continued on that theme.

"Be proud to be an MP, be proud of what you are doing," Spain said to the audience at the ball. "You are the present and the future of the corps."

"You are combat hardened," he told them. "We have the strongest bench we've ever had in our Army."

Spain said he admired the sacrifices he has witnessed among the MP Corps and the strength that he has seen in its Soldiers. He specifically mentioned the troops he led during the invasion of Baghdad during Operation Iraqi Freedom 1 in 2003 and what their sacrifices and strengths meant to him.

"Many of the Soldiers I pinned Purple Hearts on would say they were just in the wrong place at the wrong time," Spain said, "and anytime any one of them would say that, I would correct them. I'd say, 'You were in the right place at the wrong time and you were doing exactly what your nation was asking you to do — and you're

a hero."

"Tonight we reflect on the many sacrifices and accomplishments of our regiment," Evans said. "In garrison and at war, we live our motto every day — 'Of the troops and for the troops.'"

Not to be forgotten in the formula for what makes the MP Corps as strong as it is, spouses and family members were recognized for the contributions they make to keep their military police Soldiers and the Army strong.

Evans said that standing alongside every military police Soldier are thousands of family members and loved ones who make sacrifices as well for this great regiment.

"It's because of them and their Soldiers that we remain the force of choice," he said.

While the MP Corps was established on Sept. 26, 1941, military police Soldiers can trace their history all the way back to the Revolutionary War and the "troops of Marechaussee" who were established as the provost for the Continental Army to apprehend deserters, rioters and stragglers, and who, in battle, were posted in the rear to secure fugitives.

Smoke alarms give families peace of mind

by IMCOM Public Affaris
News Release

SAN ANTONIO — Though Fire Prevention Week ran Oct. 3-9, Installation Management Command safety officials, from headquarters to garrison level, say such concerns remain a constant priority.

That’s especially true this year as Army installations experienced more than 300 reportable fire incidents in the first three quarters of fiscal year 2010 — resulting in three deaths, nine injuries and \$18 million of damage.

“We are committed in keeping Soldiers and their families prepared and safe whether deployed or at home ... every day, every week, every month, every year,” said Gerald Adams, IMCOM fire protection specialist.

Indeed, “We really emphasize safety and prevention during Fire Prevention Week, but it’s something that needs to be a year-round concern,” noted Steve Collins, fire chief at Fort Rucker, Ala. “It doesn’t matter if it’s in the home or at a workplace, fire prevention is essential.”

This year’s theme for the week-long event is “Smoke Alarms! A Sound You Can Live With.” The campaign is designed to educate people on the importance of smoke alarms, while encouraging everyone to take the steps necessary to update and maintain their home smoke alarm protection.

And the reason is simple, said Adams: “If you were asleep and a fire

broke out in your home, do you think the smoke would awaken you? If you think so, you may be dead wrong. In fact, fire and smoke are sedatives that will only put you into a deeper sleep while the squelching sound of a smoke alarm will awaken you.”

Consequently, he made these suggestions:

- Install and maintaining a smoke alarm on every level of your home.
- Never remove or disable smoke alarms.
- Test smoke alarms at least monthly by pushing the test button.
- If an alarm “chirps,” the warning the battery is low, replace the battery right away.

Some smoke alarms have strobe lights, also called visible notification appliances, which signal people with hearing loss. Replace batteries at least twice a year if you own battery-operated smoke detectors, such as when you change to daylight savings time.

Collins added that having a working smoke alarm in all buildings is a first step to preventing possible disaster.

“It’s important to have them and to make sure they work,” he said. “Checking a smoke alarm at least once a month is a good idea. They usually have a test button on the outside that will let you know if it still works. When the battery is getting low, the detector usually makes a sound to indicate it needs a new one.”

There are two basic types of smoke

alarms: ionization and photoelectric. And a combination of the two allow sensors to detect slow and fast developing fires. They provide an early audible warning of a potential fire, allowing residents the precious but limited time it takes to escape, which could reduce the risk of dying from a home fire by almost half, said Adams.

Army Family Housing leases executed on or after Oct. 1, 2006, and renewals or extensions of existing leases on or after Oct. 1, 2007, require hard-wired smoke alarms throughout the building and that they be interconnected. Leases executed prior to those years have smoke alarms installed in hallways leading to bedrooms. Occupants can, at their own expense, install additional smoke alarms. Army barracks have smoke alarms installed in all sleeping areas.

Collins believes the smoke alarm is a time-tested, proven life-saving device no home or business should be without.

“When an alarm goes off, people should react accordingly,” he said. “The device gives plenty of warning and that has saved numerous lives over the years.”

Fire Prevention Week was established to remind folks of the importance of fire safety and the lessons learned following the Great Chicago Fire that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and destroyed a business empire. In 1920,



Photo by Russell Sellers

Spc. Brenden Besaw, a Fort Rucker, Ala., firefighter, carries a hose during a special firefighter skills training event, recently. Fire Prevention Week was observed throughout the Army, Oct. 3-9.

President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and FPW has been observed since 1922.

Army Fire and Emergency Services partners annually with the National Fire Protection Association to promote Fire Prevention Week.

Individuals having questions should contact their installation fire prevention office.

(Editor’s Note: Russell Sellers of the Fort Rucker Public Affairs Office contributed reporting.)

October ushers in winter safety season strategies

by Tom Saunders
IMCOM Europe Public Affairs

HEIDELBERG, Germany — As seasons shift in Europe from summer to fall, people planning to travel may need to pack shorts, umbrellas and cold weather gear to ensure they’re prepared for Europe’s sporadic weather.

While fall offers a challenge to travelers, it is also the beginning of the annual winter safety focus in Europe.

According to Installation Management Command-Europe safety officials, October begins the annual winter safety campaign and this year, like in years past, drivers are urged to play it safe and winterize their vehicles soon.

“It’s no secret that fall and winter season weather can be cold, wet, and driving conditions can be bad,” said Michael Schwarz, Installation Management Command-Europe chief of safety. “By preparing now for the hazards of winter, we can all set the conditions for avoiding hazards or injuries created by unexpected snow, ice and adverse weather conditions.”

There are several ways travelers can prepare to meet the challenges of the winter season, said Schwarz. For example, travelers can prepare winter survival kits for vehicles, get a vehicle winter tune up, and review local winter

safety information.

“There are a lot of good winter safety tips on the IMCOM Europe Safety website ranging from the obvious — such as proper tires — to the travel risk planning system,” said Schwarz.

Tips from the IMCOM winter safety brochure found at the website’s seasonal safety link include how to prepare a car winter survival kit. Handy items to keep in your vehicle when you’re driving in wintry conditions include:

- An ice scraper/brush combination
- Small shovel
- Sand, salt, or kitty litter (for traction)
- Tow rope or chain
- A couple of blankets
- Galoshes and gloves
- Flashlight and extra batteries
- Jumper cables
- First aid kit
- Road flares or reflectors
- Fire extinguisher.

Schwarz said various vehicle winterizing tips range from the basic such as checking tires, windshield wipers and technical issues, to more complex checks such as making sure the vehicle’s ‘onboard computer’ system — the driver — is prepared and “winterized.”

“Winterizing a vehicle can be a challenge. In Germany, people are able to take ad-

vantage of the annual lighting campaign conducted by AAFES Car Care centers, German garages and most U.S. Forces Vehicle Inspection Stations in Germany which provide free vehicle inspections during October,” said Schwarz. “This is part of the International Motor Vehicle Lighting Campaign offered to U.S. Forces personnel with privately owned vehicles. The inspection covers lighting systems, windshield wipers, exhaust systems and tires.

Schwarz said individuals should contact their local AAFES Car Care centers, German or host nation garages and U.S. Forces Vehicle Inspection Stations for more information about what those facilities offer.

“While we need to be safety conscious all the time, the reality is that winter driving requires additional safety considerations. For example, you should think about snow and ice every time you climb into the driver’s seat during the winter months. If a section of pavement looks wet, don’t assume it’s just water - it may be black ice, a thin film of ice that is very treacherous. Wet leaves on roads can also present a very slippery road hazard,” said Schwarz. “So, check out the information on the IMCOM-Europe Safety page and get ‘winterized.’

This winter, Make Safety First, Last and all the Time.”

Tell Me a Story



Photo by Herman Upshaw

Brig. Gen. Steven Salazar, commanding general, Joint Multinational Training Command, signs “While You are Away,” by Eileen Spinelli, for Ella (in yellow) and Abby Cox, ages 4 and 5, respectively, after reading the book to children at Vilseck Elementary School during the Tell Me a Story community event, recently. Salazar thanked the more than 40 families who attended for their sacrifices and support.



Photo by Kimberly Bacso

U.S. Army Garrison Grafenwoehr Trick-or-Treat guidelines

Trick or treating hours are from 5-7 p.m., Oct. 31. If possible, avoid driving in housing areas during this time.

Look for military police passing out safety light sticks at 6 p.m. at the following housing areas, Oct. 31.

Netzaberg

- Bus stop adjacent Steinway Strasse
- Elvis Presley Strasse
- Haager Strasse

Rose Barracks

- Walkway between Rio Grande and Mississippi
- Parking lot adjacent SAS
- Walkway adjacent Mt. Vernon and Soldier Road

Main Post

- Intersection of Wilbur Street and Argonne Street
- Argonne Street adjacent Bldg. 271

Trick or treating safety tips:

- All children under 12 must be accompanied by an adult
- Escorts should conduct themselves in a safe and orderly fashion
- Residents in leased or economy housing are encouraged to escort their children to the nearest military housing area to participate
- Trick or treaters are required to use

- flashlights or battery-operated lanterns – Carrying burning candles is prohibited
- Escorts should wear light-colored or reflective-type clothing
- All motorists are reminded to drive with extreme caution. Most Halloween costumes are dark and difficult to see. In addition, Halloween masks often limit the child’s vision.
- Trick or treaters are encouraged to go to residences and stairwells that are well-lit. Residents who are participating should ensure that their porches or stairwell entrances are well-lit and kept free of obstacles – plan to present candy at

the stairwell entrances

Parents should:

- Know the route their children will be taking
- Make sure children are accompanied by an adult
- Know what other activities a child may be attending, such as parties
- Set time limits on when children should return home
- Explain to children the difference between tricks and vandalism
- Instruct children not to eat treats until

they return home and parents have had a chance to inspect those treats

Children should:

- Cross only at corners
- Never cross between parked cars
- Walk facing oncoming traffic if there is no sidewalk
- Always remove masks before crossing streets
- Beware of cars that may be turning into or backing out of driveways
- Never go into a stranger’s house

What's Happening

Grafenwoehr/Vilseck Briefs

Estate Claims

Anyone having claims on or obligations to the estate of Maj. Paul Carron of HHC, 2nd Squadron, 2nd Stryker Cavalry Regiment, should contact the following summary court martial officer, Capt. Christopher Haag, at DSN 476-5841 or e-mail chris.haag@eur.army.mil.

For claims on or obligations to the estate of Pfc. Justin Shoecraft, B Company, 3rd Squadron, 2nd Stryker Cavalry Regiment, Rose Barracks, contact the summary court martial officer, Capt. Christopher Haag, DSN 476-5841 or e-mail chris.haag@eur.army.mil.

For claims on or obligations to the estate of Staff Sgt. Derek J. Farley of 702nd EOD, 18th CSSB, contact the summary court martial officer, 2nd Lt. Samuel D. Stahlmann, DSN 475-9140, cell 015204034792, or e-mail samuel.stahlmann@eur.army.mil.

For claims on or obligations to the estate of 1st Lt. Robert Bennedsen of 2nd Squadron, 2nd Stryker Cavalry Regiment; Paul Cazupe of G Company, 3rd Squadron, 2nd Stryker Cavalry Regiment; or Pfc. John Andrade of I Company, 3rd Squadron, 2nd Stryker Cavalry Regiment, contact the summary court martial officer, Capt. Christopher Haag, at DSN 476-5391, CIV 016090278066 or e-mail chris.haag@us.army.mil.

For claims on or obligations to the estates of Staff Sgt. Marc A. Arizmendez, Spc. Roger Lee, or Pfc. Michael S. Pridham, 1-4th Inf. Regt., contact the assigned summary court officers: Arizmendez: 1st Lt. Leon Perry, DSN 520-5463; Lee: 2nd Lt. Zachary McInain, DSN 520-5282; Pridham: 2nd Lt. Bruce Rosenbloom, DSN 520-5413.

Play auditions

Oct. 13-14 at 6:30 p.m.: Auditions for "The Best Christmas Pageant Ever." Casting for our upcoming "Grafenwoehr Evening of One Act Plays". Looking for kids (ages 6+), adult men and adult women for one of the three plays being produced. In-office perusal script available. Call for more information. Please arrive 15 min. early and be prepared to read from the script.

October MWR highlights

Oct. 22: Open Mic Night at Performing Arts Center, Main Post Grafenwoehr
Oct. 29:
• Matthew JC and the All-Stars
Runway Rock Show, Field House,

Main Post
• Rocky Horror Picture Show, Performing Arts Center, Main Post
Oct. 31: Howling Halloween Bash, Bowling Center, Rose Barracks

Retiree Appreciation Day

All U.S. military retirees are invited to attend Retiree Appreciation Day, Oct. 22, from 7 a.m.-3 p.m., at U.S. Army Garrison Grafenwoehr. This year's event will be held on a Friday at Bldg. 244, just inside Gate 3. Registration begins at 7 a.m., in Bldg. 244, and at the health and dental clinic, Bldg. 475. The health clinic (immunizations, screenings, and information only, no medical appointments this year) and dental clinics (exams and cleanings only, no fillings) begin providing services at 7 a.m.

The opening ceremony starts at 9 a.m., in Bldg. 244, where information booths will be located. Services in Bldg. 244 begin at 8 a.m. Assistance available ranges from records updates and health services, to benefits, voting and legal assistance. Lunch is available at the DFAC from 11:30 a.m.-1:30 p.m. For more, contact the USAG Grafenwoehr Retirement Service Office at DSN 475-8539, CIV 09641-838539 or e-mail imae-graf.rso@eur.army.mil.

Fall Clean-Up

Oct. 25-29: Main Post Grafenwoehr and Rose Barracks
Main Post Grafenwoehr and Rose Barracks military community members, to include off-post housing areas, will participate in the 2010 Fall Clean Up campaign to improve the appearance of our community facilities, clean our areas of responsibility, and prepare for the upcoming winter.

Fall Cleanup is everyone's responsibility and all Soldiers, civilians and Family members will participate. This applies whether you live in government or government-leased quarters, and at the work place. Please help make this the best place to live and serve in Germany by sorting your trash and keeping our area neat and clean.

Recycling Centers:
Rose Barracks recycling center will extend their operating hours Oct. 25-29 to 8 a.m.-4 p.m. Existing hours are: Tue/Thu, 11 a.m.-4 p.m. and Sat 10 a.m.-3 p.m. Location Wilbur Road, just before CIF Bldg 102.

Main Post Grafenwoehr recycling center (Sanitary Landfill) hours are: M-F 8 a.m.-12 p.m., 1 p.m.-3:30 p.m., closed on weekends. Location: On the tank trail towards Vilseck, across from range 118.

Bulk Trash Pickups:
Oct. 26 for housing areas, Oct. 28 for

Troop barracks: On-post Rose Barracks
Oct. 26 for housing areas, Oct. 28 for Troop barracks: On-post Grafenwoehr
Self-Help Center:
Lawn care equipment, i.e. Lawn-mowers, weed-eaters, brooms; garden and leaf rakes are available now at your self-help store. Landscaping supplies are available now at no charge to all self-help customers: Wood Chips, Grass Seed, Fertilizer, and Top Soil.

Monthly Community Huddle

Oct. 28: The Community Huddle is a monthly meeting for all community members to learn the latest info on programs, events, construction updates, and other important issues. Hosted by Col. Vann Smiley, USAG Grafenwoehr commander, the Community Huddle will be held 11:30 a.m.-1 p.m. at the Tower View Restaurant, Main Post, Bldg. 209. Garrison directors and subject matter experts will brief topics and answer questions.

Haunted House/ Bake Sale

Oct. 29-30: Joint Municipal Training Command (JMTC) Family Readiness Group (FRG) invites you to the 5th Annual Haunted House at the Main Post Thrift Store, 6-10 p.m., nightly. Come join us for scares and treats. For more, e-mail sam_chickonoski@yahoo.com.

Halloween guidelines

Trick-or-treating is from 5-7 p.m. at Main Post, Rose Barracks and Netza-berg, Oct. 31.

Look for Military Police passing out Safety Light Sticks at 6 p.m. at the following housing areas Oct. 31.

- Netzaberg - Bus stop adjacent Steinway Strasse, Elvis Presley Strasse, Haager Strasse
- Rose Barracks - Walkway between Rio Grande and Mississippi, Parking Lot adjacent SAS, Walkway adjacent Mt Vernon and Soldier Road
- Main Post - Intersection of Wilbur Street and Argonne Street, Argonne Street adjacent Bldg. 271

Residents in leased or economy housing are encouraged to escort their children to the nearest military housing area to participate.

Trick-or-treaters are required to use flashlights or battery-operated lanterns - Carrying burning candles is prohibited
Escorts should wear light-colored or reflective-type clothing

All motorists are reminded to drive with extreme caution. Most Halloween costumes are dark and difficult to see. In addition, Halloween masks often limit the child's vision.

CDC opens for FRGs

The Netzaberg CDC will be open on Monday, Nov. 1 for 172nd FRGs. This is for the month of November, and at the Netzaberg CDC only. The Rose Barracks CDC will be open on its normally scheduled first Tuesday of the month FRG meeting support day, Nov. 2, for 2SCR FRGs.

Winter weather warnings

Inclement weather has a way of sneaking up. When conditions warrant base closure or delays Tenant Units, Military Personnel and civilians can receive information by:

- Tune radios to AM 1107, FM 98.5 for Main Post or FM 107.6 for Rose Barracks for the latest updates.
- Log onto the garrison website and click "weather conditions, road conditions and school closures."
- Tuning their TV's to the Command Channel to watch the weather crawler at the bottom of the screen,
- Calling DSN 475-ROAD or CIV 09641-73-7623 for the recorded road conditions and reporting instructions.

Hohenfels Briefs

Make It and Take It

Oct. 14: Crafty teenagers, mark your calendar. The library will host a teenager's "Make It and Take It" crafting session the second Thursday of each month. Call DSN 466-1740 for more information.

Fed. Emp. Health Benefits

Oct. 15: The American Foreign Service Protective Association (AFSPA) is conducting an Open Season Briefing on Federal Employee Health Benefits Pro-

gram, Dental Insurance, and Long Term Care Insurance on Oct. 15 at 1 p.m. in the DOL Conference Room, Bldg. 315. All US federal employees are invited.

Women's Personal Training

Oct. 19: Be part of our four-week training program with Dr. Maria Re-Gester beginning with a pre-assessment on Oct. 18. Sessions will take place twice weekly. Registration deadline is Oct. 8 and the sessions are limited to the first 6 participants. Stop by the Post Gym or call Sports and Fitness at DSN 466-2883 for more information.

Teen Gaming at the Library

Oct. 21: The library will host an afternoon of teen gaming the third Thursday of each month. Stop by between 3-4:30 p.m. to take part in the video gaming fun. Call DSN 466-1740 for more information.

Upcoming trips

Mark your calendar now for these upcoming ITR and Outdoor Recreation summer trips. Additional information will be published in upcoming issues of the Hohenfels Hometown Happenings, or call DSN 466-2060 for more.

- Oct. 23-24: Halloween at Frankenstein Castle.
- Oct. 30: Two Castle Tour: Neuschwanstein and Hohen-schwangau.
- Nov. 5-7: Paris Trip.
- Nov. 13: Nymphenburg Palace, in Munich.

Fall Aerobathon

Oct. 23: Come out and experience all that the Hohenfels fitness program has to offer. Experience back to back 30-40 minute classes starting at 10 a.m.

Classes include: Cardio Kickbox-ing, Zumba, Spinning, Yoga, Pilates and our new class Body Blast will all be included. The entry fee is \$10. The first 20 participants to register will receive a free t-shirt. For more information or to register, stop by the Post Gym or call Sports and Fitness at DSN 466-2883.

Unit Level Flag Football

Oct. 25-28: Family and MWR Sports and Fitness will be conducting the Unit Level Flag Football Championships at the Sportplatz, beginning at 6 p.m.

Come out and support your favorite team. The top two teams from Hohenfels will advance to the IMCOM Europe Unit Level Flag Football Championships Nov. 4-7 in Kaiserslautern.

Halloween Party

Oct. 29: BOSS and the Library are hosting a Halloween Party at The Zone. All children and parents are invited to

join from 4-6 p.m. and from 6 p.m. to midnight the party will be for adults.

Hallelujah Harvest Festival

Oct. 30: The Religious Support Office will host a Hallelujah Harvest Festival at the Community Activities Center and the Post Gym from 3-6 p.m. For more information call DSN 466-1570.

Garmisch Briefs

Pool & Gorge

Oct. 13, 8 a.m.: The Partnachklamm is one of the most beautiful natural attractions in the area. We will talk a bit about the 1936 Olympics in Garmisch and view the stadium where the ski jumping event took place. After our invigorating walk through the gorge, we will visit the Alpspitze Wellenbad; the town's largest swimming pool. Cost: \$7.

Organizational Day

Oct. 15, 10 a.m.: All military and civilian members of the USAG Garmisch team start off the day with a group photo (photo location based on weather) for the final determination) for a day of camaraderie. A great duty station for the day! Family members welcome. Catered buffet optional for €7, kids under 12 half-price, toddlers free. Call the garrison office at DSN 440-3825 or CIV 08821-750-3825 for additional details.

Bingo!

The Garmisch Community Club has scheduled a general membership meeting and bingo at the Pete Burke Community Center. Check the next community newsletter for late-breaking details and contact information.

Dave Goldstein Live

Oct. 22, 9:30 p.m.: He has performed on the Conan O'Brian show eight times and the New York Times called him "... funny!" Get a good laugh in the Edelweiss Lodge and Resort's Zuggy's Base Camp.

Munich and the Third Reich

Oct. 22 & 24: After an overview on Friday, on Sunday meet at the Bahnhof just prior to the 8 a.m. train to Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day - wear comfortable shoes. Cost: \$35.

Soccer Championships

Oct. 25-28, 6-8:30 p.m.: Intramural Soccer Championships take place on the

The Grafenwoehr and Vilseck Community and Spouses' Clubs present ...

Crown Jewel Bazaar

October 15-17, 2010

Bazaar Location
Vilseck, Bldg. 134

Ribbon Cutting
Friday, Oct. 15, 11 a.m.

Opening Hours
Friday, Oct. 15, 11 a.m. to 7 p.m.
Saturday, Oct. 16, 10 a.m. to 7 p.m.
Sunday, Oct. 17, 11 a.m. to 5 p.m.

Featuring Over 50 of Europe's Finest Vendors!
English Fine China, Rugs, Wines and Cheeses, Antique and Custom-made Furniture, Bavarian Clothing, Italian Porcelain, Polish Pottery, Tapestries and Much More!

Be Treated Like Royalty and Save a Fortune!
Bazaar is open to all Military ID card holders.
Visa, Mastercard, cash and checks accepted.
Sorry, no strollers.

U.S. ARMY MWR
SOLDIERS, FAMILIES, RETIREE, CIVILIANS

ADAC
USAA
EDELWEISS
PCSC
GSC

No federal endorsement of sponsors implied.

OCTOBER 2010

DOMESTIC ABUSE PREVENTION MONTH

IMAGINE AN ARMY FREE OF DOMESTIC ABUSE

PREPARE:
Identify problems early on

PREVENT:
Stop! Recognize the signs of abuse

PROTECT:
Report, advocate, take responsibility

DOMESTIC ABUSE! CONTACT YOUR LOCAL FAMILY ADVOCACY PROGRAM FOR HELP.

U.S. ARMY
IMCOM
MWR

What’s Happening

Garmisch (Continued)

Breitenau Sports Field, organized by the FMWR Mueller Fitness Center. No cost.

Genealogy Workshop

Oct. 28, 5:30-8 p.m.: Come discover your family history at the community library. Contact the award –winning Best Small Library in the Army for more details. No cost.

Venice/Verona Weekend

Oct. 29-31: New Dates - Spend two nights in the Vicenza area, then spend all Saturday in Venice seeing great art, architecture, pigeons in St. Mark’s Square, gondolas and good places to eat! On Sunday, visit Verona, the Romeo and Juliet city, with its great Roman arena and a wonderful restaurant. Cost: \$290.

Prague

Nov. 5-7: Prague is on the top ten of places to visit in the old world. Enjoy a daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Departs at 4:15 p.m. Cost: \$270.

Erdinger Therme

Nov. 11: Water is extremely therapeutic, relaxing, calming, exhilarating, and lots of good fun at the Erdinger Therme. Sign up as soon as possible. Cost: \$29.

Iceman/Bolzano Day Trip

Nov. 12 & 13: New Dates - At 7 p.m. on Friday we start by showing a video about Oetzi the Iceman, Europe’s oldest natural mummy who was discovered by hikers in 1991 on the Austrian/Italian border. On Saturday at 7 a.m. we depart for a fantastic museum in Bolzano to visit the Copper Age man who lived 5,300 years ago. We also have time to visit the famous Saturday Market. A long day filled with delights. Cost: \$42.

Neuschwanstein

Nov. 14: New Date -Visit the most popular tourist attraction in Germany, Neuschwanstein Castle. This tour is called ‘Ludwig and Richard’ and focuses as much on composer Richard Wagner as well as the shy king. Essential to an understanding of the Ludwig world is an acquaintance with the world of nineteenth century German politics. Also lunch in the castle town of Füssen, a short stop at the UNESCO designated World Heritage Site of the Wieskirche,

and the Ettal Monastery. This trip will repeat on Nov. 21. Cost: \$39.

Thanksgiving in Paris

Nov. 25-28: Paris is the best Thanksgiving destination because there is so much to see, the weather is good, and this is the longest holiday weekend on the American calendar. Almost three full days; includes familiarization with public transportation and a tour of some essential but less accessible places on the first day. Two days for people to explore the Louvre, do the Musee d’Orsay and visit other sites like the Eiffel Tower on their own. Cost: \$465.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or e-mail us at Garmisch.FMWRodr@us.army.mil.

ACS Classes and Gatherings

- Wednesdays:
Sept. 29-Nov. 3, noon-1 p.m.: Love and Logic - Early Childhood Parenting Made Fun for families with children up to 6 years of age
- Monday:
Money Mondays: 11:30 a.m.-1 p.m.
Fundamentals of English: 1-2:30 p.m.
Gruess Gott Garmisch Group meets at 9:30 a.m. the first Monday of the month at the Pete Burke Center
- Tuesday:
Playgroup: 10-11:30 a.m. at the Garmisch Chapel
Conversational German: 9:30-11 a.m.
- Wednesday:
Working Wednesdays: 1-2:30 p.m.
- Thursday
Stroller Walk: 10:30-11:30 a.m.
Meet at ACS
Stress and Anger Management Class every second Thursday from 12-1 p.m.
All take place or meet at the Garmisch Army Community Service Center (Artillery Kaserne, Bldg 203) unless otherwise stated. For more information contact your ACS staff at DSN 440-3777, Civ. 08821-750-3777, or email Garmisch.FMWRacs@us.army.mil.

Ansbach Briefs

Career fair

Come to the Von Steuben Community Center on Bismarck Kaserne Oct. 21 to meet with hiring agencies and learn about home based business opportunities. The career fair begins at 10 a.m. and ends at 2 p.m. No appointments necessary.

Metz shopping trip

Join Katterbach Outdoor Recreation Center Oct. 17 on a trip to Metz, France, to a flea market. The Metz flea market is one of the largest in Europe and is reputed to have a large selection of antiques. Cost is \$39 for transportation. Call the Katterbach Outdoor Recreation Center at DSN 467-3225 or CIV 09802-83-3225 for more information.

Community Awareness Day

Community Awareness Day is being celebrated Oct. 16 is at the Pedestrian Zone on Storck Barracks from 12-4 p.m. The event starts with a Breast Cancer Awareness Walk/Run. Community proclamation signings will take place and booths for Domestic Violence Awareness, Substance Abuse Awareness and Health and Community Awareness will be open. Giveaways and valuable information will be provided throughout the event. Bring your stroller and/or dogs and take part in community awareness.

An evening of one-act plays

The Terrace Playhouse Annex on Barton Barracks is the site for an evening of one-act plays. This eclectic evening includes the Gilbert and Sullivan one-act operetta, “Trial by Jury,” and “Stories Gone Wilde,” cleverly twisted fairy tales by Oscar Wilde. Oct. 15-16 show times are 7:30 p.m. The Oct. 17 show time is 3:30 p.m. Cost is \$10 for adults, \$8 for students, \$30 for families (two adults plus two or more children). For more call the Terrace Playhouse Annex at DSN 468-7636 or CIV 09801-183-7636.

Schweinfurt Briefs

Youth Sports Sign-Up

Registration for youth basketball (age 3-18) and cheerleading (age 6-18) is open now until Nov. 19. It’s never too early to get your children involved in the sporting spirit. Don’t let the winter weather keep them inside, keep your kids active during the colder months. For more, call DSN 354-3414, CIV 09721-96-3414.

Ledward Library Activities

Ledward library hosts a variety of offerings. Mondays, the junior journalists meet from 3:30-5:30 p.m. and Zeens for Teens meets from 5:30-6:30 p.m. Every Wednesday Soldier in-processing class meets at 9:30 a.m. and children’s story time & craft workshop meets at 10 a.m. Take advantage of this cultural hub of the community. For more information, call DSN 354-1740, CIV 09721-96-1740.

Fun Run & Walk

Show up to help raise awareness for breast cancer with a 5K Fun Run & Walk at 9 a.m., Oct. 16 at Kessler fitness center. Register beforehand at the fitness center or on the day of the event from 7:30-8:30 a.m. There is no entrance fee and strollers and leashed pets are welcome. For more information, call DSN 354-6735, CIV 09721-96-6735.

BOSS Events

The award-winning Better Opportunities for Single Soldiers (BOSS) program has their regular meet and greet at 1 p.m., Oct. 14 at the Finney fitness center. Then, they hold a single Soldier dinner 6 p.m., Oct. 19. Come to meet other single Soldiers and make friends. For more, call DSN 354-8476, CIV 09721-96-8476.

Basketball Tournament

Register now through Oct. 30 for the Men’s Invitational Basketball Tournament, open to community level and all-star teams in the IMCOM-Europe region. Registration is limited to the first six teams to sign up. Cost is \$250 per team. The tournament will take place in the Finney fitness center Oct. 30-31 from 9 a.m. to 8:30 p.m. each day. For more information, visit the Finney fitness center or call DSN 353-8234, CIV 09721-96-8234.

Children’s chess club

The Ledward Library offers a chess club for children in grades four to six. Looking to be the next grand master? Start early! This classic game of strategy boosts problem solving skills and cognitive thinking. The club meets every Thursday with the next meeting being

held Oct. 14, from 4 to 6 p.m. at the library. Spaces are limited, so sign up in advance. For more, call DSN 354-1740, CIV 09721-96-1740.

Baking Classes

Ledward Library hosts classes for baking, German-style. Come to learn how to make local specialty sweets that you can bake when entertaining guests or just as a treat for your family. Monika teaches authentic techniques to make kuchen und torten, Oct. 19 and 26, 1 p.m. For more information, call DSN 354-1740, CIV 09721-96-1740.

Bowling Specials

Kessler bowling center offers several specials. Oct. 17 is Family Day, with \$1.50 games and free shoe rental. Oct. 27 is BOSS night, starting at 6 p.m. For more specials and additional information, call DSN 354-6332, CIV 09721-96-6332.

Auto Skills Classes

The Auto Skills center on Conn Barracks offers regular classes in auto maintenance and repair. Upcoming classes are Basic Automotive Maintenance, Oct. 21, Basic Brake Maintenance, Nov. 4 and Basic Welding, Nov. 18. All classes meet in Bldg. 49, Conn Barracks, at 7 p.m.

Retiree Appreciation Day

USAG Schweinfurt honors retirees in our community, Oct. 23, with Retiree Appreciation Day. Representatives from DFAS, DEERS, the VA and the health clinic will be on hand to offer help, answer questions and make account changes. The garrison hosts this event to provide assistance and honor the service of our retired community. Registration at 8 p.m., Bldg. 40 on Conn Barracks. For more information, 09721-96-8812.

Ledward Book Club

Ledward Library invites you to participate in their monthly book club, Oct. 27, 5:15 p.m. Join in for great conversations, socialize and enjoy coffee, tea and treats. The book featured will be The Post-American World by Fareed Zakaria. For more, call DSN 354-1740, CIV 09721-96-1740.

Bulk Trash Pick-Up

Bulk trash pick-up is scheduled for Tuesday, Oct. 26 at Askren Manor, Yorktown Village, and government-leased housing. Place bulk items out prior to 7 a.m. on day of pick-up, but no earlier than the day before. Bulk trash includes only those items too large to transport in your vehicle. For details, call 09721-96-6201.

Haunted House

The ghost of a woman burned at the stake in 1610 has returned to haunt Bldg. 20 of Conn Barracks. Come see what Frau Müller has in store to scare USAG Schweinfurt. This spooky haunted house will be open Oct. 23 and 30 from 2 to 5 p.m. (kid-friendly) and 8 p.m. to midnight, Oct. 28 and 29, 8 p.m. to midnight and Oct. 31, 2 to 8 p.m. Entrance is \$7 for adults, \$3 for children 9 and younger. For details, 09721-96-6225.

Palm Beach Trip

Outdoor Recreation hosts a trip to the indoor beach park and pool, Palm Beach in Nürnberg, Oct. 30, 10 a.m. to 5 p.m. Even though summer is over, you can still put on a swimsuit and splash around. Cost is \$10 for transportation. Attendees should also bring euro for admission fees. For more information, contact ODR, DSN 353-8080, CIV 09721-96-8080.

Photos with Frankenstein

The PX holds its annual photo with Frankenstein, Oct. 31 from 11 a.m. to 5 p.m. Prior to trick-or-treating at Askren later in the evening, show up at the PX in costume for a photo with this electrified monster. For more information, visit the PX or call 09721-80880.

Trick-or-Treating


The community here gathers for two trick-or-treat sessions on Askren Manor, Oct. 31. From 3 to 6 p.m. at the School Age Center, younger ghouls and ghosts should show up in costume. Then, from 6 to 8 p.m. the entire Askren housing community opens up for trick-or-treating. Dress your scariest and come out for some Halloween treats.

Harvest Festival

The Ledward Chapel hosts its community harvest festival at the Ledward Activity Center, Oct. 31, 4 to 6 p.m. Leave your scary costumes at home, but show up for carnival rides, candy, hot dogs and loads of fun. Call DSN 354-6860, CIV 09721-96-6860.

European Seminar

The Bavarian State Government sponsors the 29th annual European Seminar, Nov. 17-18, near Bamberg, focusing on security issues of the Trans-Atlantic partnership. The Seminar is geared toward Field Grade Officers (but not limited to) and their civilian counterparts stationed in Bavaria. Space is limited and nominees will be selected on a first come first serve basis. For more, call CIV 089-2805583/84 or 0171-3076906.



IN 1610, FRAU MUELLER WAS BURNED AT THE STAKE AS A SUSPECTED WITCH ON THIS VERY SITE. WITH HER LAST WORDS, SHE CURSED ANYONE WHO DISTURBED HER RESTING PLACE. EVER SINCE, HER GHOST APPEARS EVERY 50 YEARS. IT'S 2010 AND SHE'S BACK WITH A VENGEANCE.



HAUNTED HOUSE

CONN BARRACKS, BLDG. 20 (OFFIC BASEMENT)

SAT, OCT 23: 2-5 P.M. (KID FRIENDLY) AND 8 P.M.-MIDNIGHT
THURS, OCT 28 AND FRI, OCT 29: 8 P.M.-MIDNIGHT
SAT, OCT 30: 2-5 P.M. (KID FRIENDLY) AND 8 P.M.-MIDNIGHT
SUN, OCT 31: 2-8 P.M.

ADMISSION FEES: \$7 FOR AGE 10 AND UP/\$3 FOR AGE 9 AND UNDER
FOOD AND DRINK FOR SALE AT EVENT

FOR INFO, CALL 09721-96-6225/DSN 354-6225.



5k Run/Walk: Sat, Oct 16

9 a.m.
Kessler
Fitness
Center



Register Oct 1-15 at fitness centers or on site 7:30-8:30 a.m.
No entry fee. Strollers & pets on leashes welcome.



B
R
E
A
S
T

C
A
N
C
E
R

A
W
A
R
E
N
E
S
S

Kessler Field, Bldg. 451 • 09721-96-6735/DSN 354-6735
Visit us at teamschweinfurt.com or facebook.com/schweinfurtmwr



Dublin

A bustling city with a small town feel

Pedestrian-only Grafton Street hums with activity both day and night. Visitors will find luxury department stores and working-class pubs side-by-side here.

History, culture and Irish charm make Dublin a great getaway

Story and photos by
Charles Stadtlander
USAG Schweinfurt Public Affairs

A city of over one million that accounts for nearly a quarter of Ireland's total population, Dublin is a destination for a weekend visit at any time of year. It sits on the Irish Sea at the mouth of the River Liffey, a murky flow jokingly called "Guinness water," both for its black color and proximity to St. James's Gate — the sprawling brewing complex of Ireland's most famous export, Guinness stout beer.

Though many residents live outside the unofficial urban boundary of the Grand and Royal canals, the central city is only a few miles across, and a long weekend will allow enough time to get a feel for much of what Dublin has to offer. The hop-on, hop-off tourist bus takes visitors on a loop past all the city's attractions, and Dublin is well-served by public buses and a healthy fleet of taxis.

Visitors can start their tour on the southern bank of the Liffey with a stroll down the main shopping promenade, the pedestrian-only Grafton Street. Here they'll see Dublin commerce at its busiest and most diverse with luxury department stores sitting right next to cozy pubs and outdoor flower vendors. Made famous by the Oscar-winning film "Once," Grafton Street is home to many busking musicians and street performers, often drawing large crowds of onlookers. From here, visit the most famous area in town, Temple Bar, home to a high density of popular pubs. From Temple Bar, continue on foot across the Liffey on the historic Ha'Penny Bridge, named for the cost to travel across when the bridge was built.

The Irish are proud of their connection with America

through immigration, which began in the middle of the 19th century following the devastating famine on the island. Beyond this, however, both countries share a common beginning: independence from Great Britain won by a hard-fought revolution.

Revolution

America's Revolutionary War is more than two centuries old, but Ireland was home to a bloody battle for independence much more recently. In 1916, the General Post Office on O'Connell Street — just a block north of the Liffey across the Ha'Penny — was home to the Easter Rising, considered the start of Ireland's war for independence that ended in 1922. The building still bears bullet holes from the British soldiers firing at the Irish revolutionaries barricaded inside.

Just a couple miles from there, best reached by taxi or bus, is the Kilmainham jail, alternately spelled gaol. This historic prison is the perfect introduction to the political and military underpinnings of Irish independence. It was home to many revolutionaries who were considered dangerous threats under British rule and later became leaders of the new Irish government.

The regular tours here tell the gripping story of the brave men and women who less than 100 years ago brought the country to freedom.

Night life

Dublin comes alive at night, but plan accordingly. Locals eat early, and many restaurants close at 7 or 8 p.m. For the perfect takeout, opt for the fish and chips at Leo Burdock's, a locally loved restaurant with a couple locations in the city. Or for authentic Irish food, try O'Neill's, which offers a carvery and buffet of traditional pub fare.

Dublin's numerous and varied pubs are packed densely enough to explore on foot. Though there are limitless options for a night out,



Above: Less than 10 miles from the city center and easily accessible by train, Howth Head offers sweeping views of Dublin Bay.

Right: Irish coffee makes for a warm refresher after a day spent walking under the often gray Dublin skies.

the city has a few must-sees.

Kehoe's and The Long Hall are classic old-style, cozy establishments that offer welcoming charm and comfort, even when crowded. Places like Bruxelles or The Duke are multifloor cosmopolitan bars where people of all ages, classes and cultures meet in voluminous numbers, often crammed in elbow-to-elbow. Grittier pubs tailored more toward working-class men are McDaid's and Grogan's, whose decor has remained unchanged for decades. However visitors plan their nights in Dublin, unexpected finds and guaranteed cheer will be part of the evening.

Trinity College

On the second day, travelers also shouldn't miss Trinity College on College Green in the city center. Behind the old walls that surround this unmissable jewel, manicured lawns and Greek-inspired buildings create a serene neo-classical environment within



the bustling city. One of the four ancient universities of the British Isles, Trinity houses the ancient illuminated Catholic text known as The Book of Kells, painstakingly created by Irish monks over decades. The college's "Long Room," is one of Europe's oldest libraries, and exalts learning to a spiritual level with centuries-old books stacked to the top of cathedral-like ceilings.

Less than two miles from Trinity lies the Guinness Brewery at St. James's Gate, a major pilgrimage for lovers of those mystic black-and-white pints. The brewery offers tours that include a free beer at its rooftop "Gravity Bar," which has the best view of the city.

On the walk from the factory back to Temple Bar and the city center, visitors will



The campanile just inside Trinity's walls is one of Dublin's most classic sights. Ireland's center of learning, Trinity was established in 1592.

pass the Jameson whiskey distillery, which offers a similar production tour and tasting. Heading back out on the town for second night in Dublin, travelers will be armed with an education of the creation process for the products they'll be enjoying.

Further afield

Contrary to Ireland's reputation as an emerald isle, Dublin is a modern city that's painted mainly in shades of gray and brown stone. A green gem for those seeking to escape the metropolis for a few hours is a seaside village called Howth. Just north of Dublin and reachable by regular DART trains from Pearse Street station near Trinity,

Howth provides a taste of small-town Irish coastal life. For the energetic, a vigorous hike to the top of Howth Head presents a sweeping view of Dublin Bay and the Irish Sea.

A city of serious history, educated culture and a dedication to revelry, Dublin is just a short flight from most European airports. Though there is a proud preservation of the native Irish Gaelic language — for example, all street signs and train announcements are bilingual — Ireland's welcoming attitude toward tourists is unrivaled anywhere in Europe. Even in fall and winter, when the weather has turned for the worse, Dublin's pubs and halls of history remain warm and inviting.

WTU Soldiers, families work toward resiliency

by Jennifer Walsh Cary
BMEDDAC Public Affairs

Resiliency isn't just the latest Army buzzword or online training subject. For some units, like the Warrior Transition Unit-Vilseck, building resiliency is a goal worth achieving.

"Our Soldiers are here because they've experienced trauma, their families are transitioning and they're trying to heal," said Capt. Ryan Putnam, acting commander, WTU-Vilseck.

"Resiliency is important because part of being resilient is having the tools to get you through those times in your life that are extremely difficult."

In an effort to help its Soldiers and families build resiliency, the WTU-Vilseck offered Innovative Interactive Soldier Provider Integrated Resiliency Training, or I2SPIRT, as a family retreat in Rieden, Germany, Sept. 17-19.

Approximately 30 people attended the training to include Soldiers, spouses and children. Child care was provided onsite so couples could focus on the courses, which included yoga, communication classes, anger management, art therapy, journaling and relaxation techniques.

According to Margaret White, the WTU-Vilseck family readiness support assistant, families were invited to the retreat because if the Soldier is still healing, the family is still healing. The healing process creates a trickle-down effect that impacts the entire family, especially the spouse.

"The spouse has to be resilient because their role as a caregiver

My wife learned a little bit more about me. Now she knows some of my trigger points and how to react when I get upset for no reason.

Sgt. 1st Class Julio Fernandez
Warrior Transition Unit, Vilseck

completely changes depending on their situation," White said. "Their family has to become more resilient than any other family."

Sgt. 1st Class Julio Fernandez said that he feels like he's known his wife since day one, but that the training may have helped her better understand how he's feeling.

"My wife learned a little bit more about me," Fernandez said. "Now she knows some of my trigger points and how to react when I get upset for no reason."

Staff Sgt. Nestor Quintanilla also felt like he and his wife benefited from the communication courses and said he plans on using the same techniques they learned when it comes to talking to his children.

"They taught us a good way to talk to one another and we can actually do that with our kids," Quintanilla said. "We can sit them down one a time and ask them just to vent so we can try to understand what they're going through."

Single Soldiers who participated said that while many of the courses were geared toward married couples,

it was still an opportunity to focus on building a relationship with their inner selves.

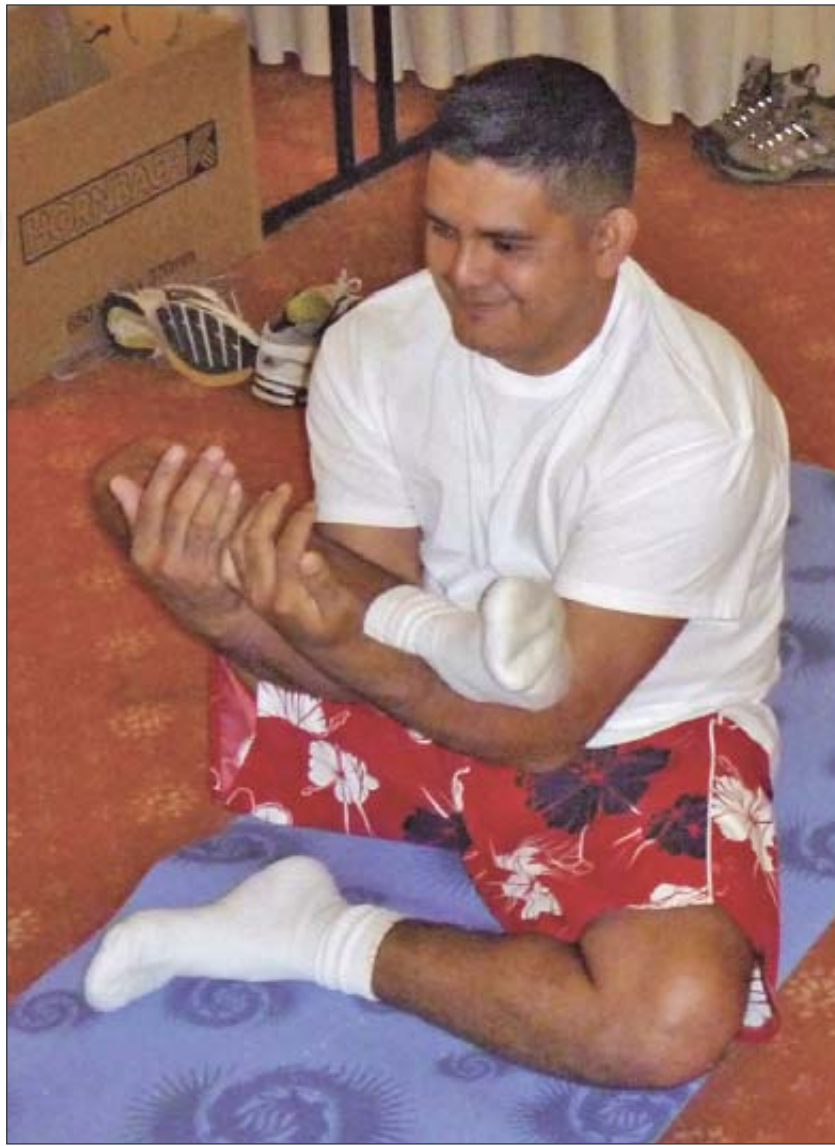
"You come from downrange where the constant pace is 100 miles per hour to where they're asking you to live your life at 25 miles per hour and people are having a hard time with that," Putnam said. "We learned how to focus and stay in the moment. We learned how to control all that anxiety that comes from deployment."

The weekend retreat may not have given the Soldiers and families an instant resiliency bulletproof vest, but that doesn't mean they left empty-handed.

"It gave us the tools to become more resilient," Quintanilla said. "It gave us the tools to better ourselves."

Sgt. 1st Class Julio Fernandez practices relaxation through yoga during the Innovative Interactive Soldier Provider Integrated Resiliency Training, or I2SPIRT, retreat in Rieden, Germany, Sept. 18.

Photo by Dr. (Maj.) Glen Wurglitz



Soldiers, families can test their dental health IQ

by BethAnn Cameron

U.S. Army Public Health Command (Provisional)

Dental health is a key element of health. The health of one's mouth impacts overall health and readiness. October, which is National Dental Hygiene Month, is a good time to refresh basic knowledge of dental health and hygiene.

Which one of the actions below is the most important method for preventing tooth decay?

- Limiting sugary snacks and sweetened drinks
- Brushing and flossing
- Daily use of fluoride toothpaste
- Drinking fluoridated water
- Chewing sugarless gum
- Visiting the dentist at least once a year

All of these measures help prevent tooth decay. Research has shown that brushing with fluoride toothpaste at least twice a day and drinking fluoridated water are the most important. Flossing prevents gingivitis (gum disease), which causes redness and bleeding around the teeth. Chewing sugarless gum made with the natural sugar xylitol, blocks bacteria from producing the acids that cause tooth decay. Seeing a dentist regularly to check for early signs of decay is important. Early tooth decay can be reversed if the teeth are treated with fluoride before the decay sets in too deeply.

Which of these actions are important in preventing gum disease?

- Seeing a dentist regularly
- Regular brushing and flossing of teeth
- Avoiding between-meal snacks and sweetened drinks
- Using fluoride toothpaste or fluoride mouthwash
- Drinking water with fluoride from early childhood

Regular brushing and flossing is important to remove harmful bacteria from the mouth. Seeing a dentist regularly to check the health of your gums so that gum disease can be detected and treated before it causes damage is important. Research has shown these are both key measures in preventing gum disease.

Which of the following best describes the purpose of dental sealants?

- To prevent gum disease
- To prevent tooth decay
- To hold dentures in place

- To fill cavities
- To improve appearance of teeth

Dental sealants are thin, plastic coatings applied to the grooves and pits on the chewing surfaces of teeth to seal out decay. Dental experts regard placing dental sealants and avoiding between meal snacks as key measures in preventing tooth decay. Dental sealants are commonly placed on the gums of children to prevent tooth decay.

Tooth decay is the most common chronic disease of childhood. It is almost entirely preventable. Children should use a small-headed toothbrush that fits the size of their mouth. Children ages 2 to 6 should use a small amount of fluoride toothpaste, the size of on their toothbrush. Children under should not use fluoride toothpaste unless it is approved by a dentist or health care provider. Parents should supervise their child's tooth-brushing until age 6 to ensure they don't eat the toothpaste or use too much.

Other dental health measures that impact health involve sports and deployment. A key prevention measure is to use a mouth guard to prevent dental injuries when playing sports. In addition to football and rugby, blows to the mouth during activities like baseball, gymnastics, volleyball, skateboarding, soccer, field hockey, rollerblading or bicycling can result in cuts to the inside of the lips (from the edges of the teeth), tooth nerve damage, breakage or tooth loss. Using a mouth guard that fits snugly and adapts to the teeth will help prevent these injuries.

Soldiers who deploy to the field have a higher risk of decay due to the increased amounts of sugars and starches in rations. They should brush at least twice a day with fluoride toothpaste. One can brush without running water by applying toothpaste to a dry brush. Brush all surfaces of the teeth. Spit out the excess toothpaste. Do not rinse after brushing so that the fluoride will stay on longer and protect the surfaces of your teeth. Wait for least 30 minutes after brushing to eat or drink.

We know that tooth decay and gum disease are caused by factors such as diet, hygiene habits and exposure to fluoride. It is important to maintain good dental health to prevent tooth decay and gum disease. Maintain regular tooth brushing and flossing. Have a dental check up ever year. For more information, contact your dental clinic.

Editor's Note: BethAnn Cameron is a health educator for U.S. Army Public Health Command (Provisional).

National Depression Awareness Month kicks off in October

by Europe Regional Medical Command
News Release

October is National Depression Awareness Month for the Army. Organizations and communities across the U.S. observed 'National Depression Screening Day,' Oct. 7, to bring national attention to depression; and educate people about its various signs and symptoms and the availability of free anonymous behavioral health screenings. The Army theme is "Depression is Treatable — Get Screened — Seek Care."

Why screen for depression?

Clinical depression is a serious medical condition that if left untreated, may lead to other complicated medical conditions. Depression signs and symptoms may include body aches and pain, sadness, irritability, changes in appetite or sleep, trouble concentrating or withdrawing from family, friends and activities you once enjoyed. A depression screening however, is often the first step to getting well. Unfortunately, two-thirds of people who suffer from depression fail to seek the care needed. They mistakenly believe their symptoms are just a normal part of life. The good news for people who suffer with depression is, more than 80 percent of all cases of clinical depression can be treated effectively with medication, psychotherapy or a combination of both.

What has the Army done?

For Soldiers, family members and Army civilians, anonymous depression screenings are available through the Department of Defense, Department of Veterans Affairs and behavioral health agencies and resources in local communities. During the month of October, the Army encourages commanders and leaders to coordinate events locally with military and civilian behavioral health providers to educate Soldiers, family members and civilians on the signs and symptoms of depression and opportunities to be screened and referred for treatment by a primary care or behavioral health provider, if needed.

Why is depression education and awareness important to the Army?

The Army is committed to decreasing stigma for Soldiers, family members and civilians who seek behavioral health care. Depression, even the most severe cases, is a highly treatable disorder. As with any illness, the earlier the treatment begins, the more effective it is and the greater the likelihood the recurrence of depression can be prevented. If you or someone you know suffers from depression, help is available. Get Screened — Seek Care.

Seeking treatment for mental illness not a sign of weakness

by Jerry Harben

U.S. Army Medical Command

The Army marks National Depression Awareness Month in October, with a theme of "Depression is Treatable — Get Screened — Seek Care."

Clinical depression is a serious medical condition that, if left untreated, may lead to other complicated medical conditions. Seeking treatment for a medical condition is not a sign of weakness. It may prevent a good Soldier from becoming a casualty.

The National Institute of Mental Health has reported that major depressive disorder affects some 14.8 million people in the United States.

Signs and symptoms of depression may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, withdrawing from friends and Family or trouble concentrating or making decisions.

Depression also may produce body aches and pains, irritability, anxiety, overeating or loss of appetite or thoughts of suicide or death.

Unfortunately, many people believe their symptoms are a normal part of life. Two-thirds of people who suffer from depression fail to seek the care needed.

The truth is, more than 80 percent of clinical depression cases can be treated effectively with medication, psychotherapy or both.

Often, the first step to recovery is a depression screening.

Anonymous depression screenings are available through the Department of Defense (www.militarymentalhealth.org or 877-877-3647), Department of Veterans Affairs (www.mentalhealth.va.gov/depression.asp) and civilian organizations (for example, mentalhealthscreening.org/programs/military). The screening sites also provide information about how to get treatment.

Mental Health Resources

Army Behavioral Health:

www.behavioralhealth.army.mil

Army Resilience Training:

www.resilience.army.mil

Comprehensive Soldier Fitness:

www.army.mil/csf

Real Warriors Campaign:

www.realwarriors.net

Military OneSource:

www.militaryonesource.com

Veterans Affairs Mental Health Resources:

www.mentalhealth.va.gov

Military Pathways:

www.mentalhealthscreening.org/programs/military



Above: Urlas project manager Kerstin Huber, USAG Ansbach Department of Public Works, talks with Col. Christopher Hickey, commander, USAG Ansbach, at the shopping center ground-breaking ceremony, Sept. 29.

Left: U.S. Army Garrison Ansbach officials and German dignitaries officially break ground during the ceremony for the shopping complex at Urlas Training Center, Sept. 29.

Groundbreaking marks beginning PX, commissary

Story and photos by
Gini Sinclair
USAG Ansbach Public Affairs

After two years of planning the new shopping complex at Urlas Training Center held a ground-breaking ceremony, Sept. 29. The 16.8 million euro complex will include an Army and Air Force Exchange Service Post Exchange, AAFES gas station and commissary

on a site near Shipton Barracks and Soldier's Lake.

During the opening ceremony Thomas Deffner, mayor of the city of Ansbach, noted the builders and planners are a partnership of German and American organizations. Within the American community, AAFES, Defense Commissary Agency, the Directorate of Public Works and USAG Ansbach were involved. The German Bauamt is working with five

different construction companies to complete the project.

Planned for opening in 2012, both the commissary and PX will have contiguous parking with spots for over 500 vehicles. The gas station will have four pumps. The new commissary will boast about 48,000 square feet and have six lanes for checkout with four self-checkout lanes. The PX building will measure 86,000 square feet.

According to Yalcin Oender, project architect for AAFES, the building was designed according to latest German government energy efficiency standards.

"This will be the first time that a PX will be built with skylights in the sales area," Oender said. "We are using daylight for illumination. The heating mechanical systems will be near all areas."

According to Oender, the PX will include three restaurants as well as 10 separate areas for concessionaires.

Col. Christopher Hickey, commander, USAG Ansbach, pointed out the effective partnership between the organizations working on the project. Hickey mentioned that plans for the shopping center had been in the works for quite some time which made the ground-breaking ceremony all the more exciting.



From left: Cadet Command Sgt. Maj. Doug Ahearn and Cadet Lt. Col. Edmund Parowski present Col. John Vanderbleek, director of Army Junior ROTC, U.S. Army Cadet Command, with a token of appreciation during Vanderbleek's visit to the Ansbach Middle/High School, Sept. 23. Parowski and Ahearn are the AHS JROTC battalion commander and command sergeant major, respectively.

Cadets host Army JROTC director

Story and photo by
Sgt. Anna K. Perry
12th Combat Aviation Brigade

Ansbach Junior Reserve Officer Training Corps cadets had the opportunity to shine recently as they hosted a special guest. The junior leaders welcomed Col. John Vanderbleek, director of Army Junior ROTC, U.S. Army Cadet Command, to the Ansbach Middle/High School, Sept. 23.

The colonel traveled from the United States to visit JROTC programs in Europe.

"I've been in my position for two years now, and I had yet to visit the DoD programs over in Europe, so this is a visit to see (Department of Defense Dependents Schools Europe) JROTC programs and get a feel for and a better understanding of the challenges they face compared to those of public schools in the U.S.," Vanderbleek said.

Upon arrival, Vanderbleek was greeted by Cadet Lt. Col. Edmund Parowski and Cadet Command Sgt. Maj. Douglas Ahearn, battalion's

commander and command sergeant major, respectively. Vanderbleek said he was immediately impressed by the Ansbach cadet staff.

"You can tell by the reception at the door exactly what kind of program you are walking into," Vanderbleek said.

Parowski, along with the battalion command sergeant major and the executive officer, delivered a presentation highlighting the battalion's goals, achievements and responsibilities.

"Our top goal for all of our cadets is to have them graduate from high school," Parowski said. "We also want them to embrace the creed because it's not just a leadership program but a citizenship program; so it's important that they embrace the creed to improve their citizenship."

During his four years in the program, Parowski has seen the JROTC membership expand, he explained to the colonel.

"We now have 96 cadets in two companies. The companies are filled out with leadership, team leaders, squad leaders, platoon sergeants, all the way up," he said. "As the years go on, cadets see the programs improving. Cadets tell their friends and their friends join and year after year it just grows. It's been steadily increasing since I joined."

Vanderbleek said he was pleased with the program and the show of support from Ansbach military and school leaders. Col. Christopher Hickey, U.S. Army Garrison Ansbach commander, Lt. Col. Bradley Barker and Command Sgt. Maj. John Moore, 12th Combat Aviation Brigade rear detachment commander and command sergeant major, respectively, and AHS Principal David Carlisle also attended.

"This battalion is very, very sharp. It's obvious this is a high-functioning unit," Vanderbleek said. "It's a reflection on the community, the administration support and the ability of the junior instructors to motivate students and make this a relevant program ... because it's all about developing character and leadership and preparing students for the next step up after high school, whatever that might be."

Wet weather doesn't hinder Kinderfest

Story and photos by
Gini Sinclair
USAG Ansbach Public Affairs

Despite the weather doing its best to dampen them, everyone spirits were high at the Kinderfest, Sept. 25, at Storck Barracks.

According to Trude Moellmann, organizer of this year's Kinderfest, between 400 and 500 children came to play on the equipment, try their skills at the booths or enjoy the other activities.

A contracted vendor brought in carnival game booths such as knocking cans off a shelf and play equipment as part of the festivities. Other "nonstrenuous" events included reading, coloring, face painting and making collages.

Several family readiness



Lisa Harlow helps Lily Harlow, 15 months, try out the rides at the Kinderfest. Chief Warrant Officer James Harlow, C Company, 3-159th Aviation Regiment, is Lily's father.



Scarlett Collyer, 8, daughter of John and Stefanie Collyer, USAG Ansbach, has her face painted by Diana Adame, a contracted vendor.

nurse partnered with the Child and Youth Services nurse to provide free bags of flavored popcorn.

Moellmann said she feels this year's Kinderfest was a success, especially considering the rainy weather.

Annual CFC kick-off



Photo by Gini Sinclair

From left to right: Col. Robert Doerer, commander, 12th Combat Aviation Brigade, Col. Christopher Hickey, commander, USAG Ansbach, and Isha Greene, Army Substance Abuse Program, USAG Ansbach and this year's Combined Federal Campaign representative, prepare to cut a cake in honor of the start of the CFC season.

Teacher wins 50th German-American Shoot

Story and photos by

John Reese

USAG Garmisch Public Affairs

“Himmel im Bayern,” was the phrase of the day as the weather cooperated for 50th anniversary of the Garmisch-Partenkirchen German-American Friendship Shoot at Kean’s Lodge on Kramer Mountain.

The expression ‘Heaven in Bavaria’ refers to the deep blue sky interwoven with contrasting white clouds, and for about 130 participants and four or five frolicking dogs it also meant a ‘gemuetlichkeit’ (a great time) filled with rifle marksmanship, live music, old friends and a tasty barbecue buffet.

“This year the weather was much nicer even though it was later in the season. The weather makes a big difference,” said organizer Andrea Winter, host nation liaison for USAG Garmisch. “People are usually happier when it is nice outside.”

Almost everyone attending took part in the competition. Most of the 110 registered shooters were German soldiers; most of the younger soldiers are active duty, and many of the older warriors are members of the Bundeswehr’s Reserve Kamraderie Diedorf/Schmuttertal. Two of the active duty soldiers are dentists at the Mittenwald clinic.

As in previous years, the local nationals earned most of the finalist slots, although two members of the garrison did very well taking fourth and sixth place. And for the first time, many of the best shooters were women, including the best shot of the day, kindergarten teacher Sonja Rittel from Augsburg.

“I’m a member of a shooting club,” said Rittel, a petite, 24-year-old. “I was taught how to shoot.”

Rittel was a finalist in the past five Friendship Shoots. She took first place with a score of eight out of 10 on the 50-meter target in her latest appearance in on the firing line. Her nearest competition, Bundeswehr reservist Markus Haugg, also scored an eight judged to be a fraction further out from the center of the target. Third place went to Maria Wagner from USAG Grafenwoehr with the best score out of three competitors scoring a seven.

During the tense finals, Larry Steinman of the garrison’s Directorate of Public Works took an early lead with his score of seven, holding it until Haugg scored better. Rittel, who scored



Above: Competing with high-powered, single shot air rifles, a line of shooters send a volley of lead pellets 20 meters downrange in the elimination round.

Left: Crack shot Sonja Rittel, a kindergarten teacher from Augsburg, takes aim for the winning shot, scoring closest to the center of the 50-meter target.

highest in the 20 meter elimination round, calmly took aim with the .22 single-shot rifle as the last and best marksman. Finalists get only one shot at the hand-carved and painted target, which also serves as the first place trophy. According to tradition, Rittel is obliged to pay for the 2011 target-trophy.

Teenager Silvia Badstoeber was again in the finals this year; she is the daughter of Oberstabsfeldwebel Wolfgang Badstoeber, the command sergeant major at the German army’s Edelweiss Kaserne in Mittenwald. The father, winner of the 2008 Friendship Shoot, stood by his daughter’s side in his camouflage field uniform gently coaching her.

The final was delayed a few minutes when hikers got a little too close for safety manager Andy Tuerk. Together with the hunters and garrison fire chief Wolfgang Pauls-Polch, the range was cleared and the shoot completed without incident.

Every year the competition is judged by Jaeger (professional hunters) wearing traditional Bavarian woodsmen attire. Being a professional hunter in Bavaria requires years of training and experience, and the judges were happy to coach the younger competitors.

The Friendship Shoot is the garrison’s big-

gest German-American event of the year with an open invitation. While anyone can attend, competitors from previous years receive invitations.

“We invite the people who always come and those who have bonds with the Army through former employment,” said Winter, adding landlords, contractors and German members of the garrison’s Alpental Golf Course receive invitations. VIPs like Dr. John Rose, head of the George C. Marshall Center, also regularly attend. “There were maybe 45 soldiers all together to include the reservists.”

The rest were civilians associated with the garrison, including the 15 duffers from the Land-und Golfclub Werdenfels, said Winter.

“I spoke to several people and all told me how nice it is to meet old colleagues and friends here in a relaxed atmosphere,” said garrison manager, event host and awards ceremony emcee Karin Santos. “And of course, everybody enjoyed the wonderful barbecue buffet.”

Some of those old colleagues were Christa Huffman, who previously held Winter’s liaison job; Ann Pluempfe, the former housing manager; Georg Burger, former headwaiter of the Armed Forces Recreation Center’s vonSteuben Hotel; Margerethe Boehm, whose late husband

was a manager at the AFRC Patton Hotel; and Franz Schamberger, former Polizei chief for Garmisch-Partenkirchen.

The event has been a hit for five decades, fostering good relations with the garrison’s Bavarian hosts, explained Winter.

“Everybody is quite disciplined, because shooting is something that requires concentration,” said Winter. “We don’t advertise parents to bring kids, yet the few who come every year always behave fine.”

One of the children was a stand-in for another shooter, and the tow-headed little boy hit the outer ring of the target circle, scoring a one and a round of applause.

As always with a small garrison event, it took a small army of volunteers to make the day a success. Housing warehouse manager Albrecht Pecher, himself a Luftwaffe reservist, manned the barbecue with local Thomas Pfunder, while the Kean’s Lodge kitchen and buffet line was kept well-stocked by housing manager Gaby Furitsch and her sister Sonja. Patty Pearce from Army Community Service kept everyone well hydrated, and no garrison event is complete without garrison management assistant and perpetual volunteer Helen Nas-Altenhofer, an employee of the U.S. Army for 40 years.

Strengths overshadow challenges for two Marshall Center employees

Story and photos by

Kari Sharpe

USAG Garmisch Army Community Service

In recognition of October’s National Disability Employment Awareness Month, I had the pleasure of meeting with two Garmisch community members who have unique needs: Mark Mosley is a visually impaired information assurance officer for the George C. Marshall European Center for Security Studies, and Angela Shannon, a hearing impaired visual information specialist, also for the Marshall Center.

I first met with Mark in his office on Sheridan Kaserne, and while he had already provided me answers to many of my questions in a written format, I enjoyed the opportunity to sit and speak with him. I was able to see how his computer has been adapted for his visual needs, and while we discussed many things during our conversation, there are two things that have particularly stayed with me.

First, Mark spoke about his parents’ decision to have him attend school in a “regular classroom” rather than a special school for the blind. His mother was a teacher and believed that Mark “should be educated in a sighted environment because it is a sighted world I would have to live in.” If you know Mark, or have the opportunity to meet him in the future, you will instantly see the impact his parents’ attitude have made on him. Garmisch being such a small community, I have seen Mark around the community, but I never knew he was visually impaired.

Mark stated that “I have developed little tricks so my vision impairment does not stand out or is not noticed. To the point where some of my co-workers say I have them all fooled.” In fact, while I was in Mark’s office, he made eye contact with me the entire time.

Secondly, Mark commented on the theme for this year’s National Disability Employment Awareness Month, which is “Talent has no Boundaries: Workforce Diversity includes Workers with Disabilities.” Mark pointed out that this statement focuses on the disability, when in reality, “we all bring to our organizations both strengths and weaknesses. Having many people with different backgrounds helps provide diversity across the organization.”

A day after I met with Mark, I went back to the Marshall Center to see Ms. Angela Shannon. Like Mark, Angie had already provided written responses to my questions. But the pleasure of meeting her face to face was well worth the trip. I was unsure about how I would be able to communicate with Angie, as my sign language



Left: Mark Mosley’s computer has special software that allows him to overcome his limited vision at work.

Right: Angie Shannon uses a video phone that connects with a live American Sign Language interpreter.

skills are limited to infant signs (so if she was hungry or needed to go potty, we’d be alright!). Fortunately, Angie reads lips quite well.

Like Mark, Angie provided me an abundance of information, but a few things in particular stood out. First, Angie chose her career in visual information and graphic design as it provides her an opportunity to “express myself and break down communication barriers through visual means in the business world, as well as expressing my creative side.” Angie’s statement highlights the same thought that Mark expressed, that we all come with our own strengths and weaknesses into the workforce, and our careers are shaped accordingly. This is as true for me as it is for Angie and Mark.

Angie has spent her entire government career, up until now, in Washington, D.C., which has a large deaf community. “Working in Europe was a life long dream of mine, and it’s been a challenge to get here.” For the first time, she now works for an agency where she is the only deaf person. However, she has been very pleased with the accommodations that have been made for her, and is in awe of the opportunities she has to see so many different cultures here in Europe.

Dreams come true, careers are sought, lives are lived ... and all of those things happen for us, despite our unique needs, when we hone our strengths. Many thanks to both Mark and Angie for their time and their willingness to share their experience with us all.



Securing loads properly saves lives and material

Story and photo by

John Reese

USAG Garmisch Public Affairs

Turnout was good and the weather cooperative as 27 German and American participants took part in the Army’s Fight the Risk Safety Campaign training, Sept. 29.

The training was opened to all interested drivers, including family members, on how to safely secure loads for vehicle transportation.

Ehrenfried Dengler, U.S. Army-Europe Command dangerous goods advisor, used a combination of classroom instruction and a hands-on demonstration of effective load security on the Artillery Kaserne motorcycle safety range.

“We had community participants from the garrison and tenant units,” said safety manager Andy Tuerk. “The training is a combination of applicable US and German laws and U.S. Army regulations.”

Improper securing of loads can affect any driver from the professional trucker to the individual driv-

ing any distance with a load of any size, said Tuerk.

“A small load can be just as dangerous as a big load if it shifts or impairs the driver’s ability to safely operate their vehicle,” said Tuerk. “I received reports about tests conducted on the straps used by the Army for securing loads on pallets and the pallets on aircraft — one strap came out not-so good, the other even better than German government standards.

The Roads & Grounds crew learned about the safer straps and plan to order them as replacements. It seems like a minor issue until a strap fails and cause injury, loss of equipment, or worse.

“Risiko Raus,” the Fight the Risk Safety Campaign for the US Army Europe, focuses primarily on the human factor in accidents. Safety technology like the load straps reaches a limit where the human factor makes the difference; the campaign’s objective is to increase awareness for traffic safety within the organization and on the road.



Staff Sgt. Carlos Pride holds a low plank position during a Wednesday morning yoga class for the Soldiers of 1st Platoon, Charlie Company, Warrior Transition Battalion-Europe.

Story and photo by
Charles Stadtlander
*USAG Schweinfurt
Public Affairs*

Striking a pose

Yoga program builds strength, eases stress

Ambient music, fragrant candles and deep breathing exercises may not be hallmarks of standard Army PT, but the Soldiers of 1st Platoon, Charlie Company, Warrior Transition Battalion-Europe know their Wednesday morning yoga class at the Kessler fitness center is anything but pure relaxation.

“We were looking for something that would provide a full-body workout, but without the speed,” said Staff Sgt. Stephen Gagne, part of the cadre for USAG Schweinfurt’s WTU and the originator of the idea for the weekly class. “This was something new. It’s low-impact but high-benefit.”

Erika Liem Palidar, a certified Hatha and Vinyasa yoga instructor, volunteers her time to lead the class every Wednesday at 6:45 a.m. She customizes her teaching to meet some of the WTU Soldiers’ specific physical needs, modifying each yoga pose or utilizing props such as straps or foam blocks to accommodate back injuries, muscle damage or missing limbs.

“I try to get every person in the class to participate every step of the way,” said Palidar, who also teaches yoga at Kessler fitness center on Tuesday mornings and

at Schweinfurt Elementary School as a stress-reliever for teachers. She counts many Soldiers among attendees to the Tuesday class, and while she admits many of the males needed coaxing from their wives to set foot in the yoga studio at first, they quickly became keen converts to the class, and now attend every week.

Her hourlong classes for the WTU engage core muscle groups and build upper body and leg strength through a series of sustained poses. While not the most strenuous variety of yoga she teaches, Palidar’s exercises produce no shortage of sweat, and the groans echoing through the room during the final seconds of her commands to hold plank positions and abdominal flexes prove that the muscle workout yoga demands can often surpass traditional calisthenics.

Though the center of each class is strenuous, Palidar bookends the workout with mind-soothing relaxation. To begin, Soldiers breathe rhythmically with their legs crossed and their eyes closed. To wind down, Palidar in-

structs the Soldiers to lie down and cover their eyes with a towel, then progressively release tension from their whole body — moving from their toes to their head — over several minutes.

This combination of invigorating exercise and calming meditation can be particularly beneficial, especially to Soldiers with post-traumatic stress disorder or mild traumatic brain injury.

The trend is beginning to catch on. Despite initial skepticism by prospective students, yoga classes are becoming staples of training and treatment at Fort Bragg, Fort Jackson, Fort Meade and other U.S. Army posts.

The discipline and peace that yoga offers can help treat PTSD both as a cure and preventative measure. According to Lisa Mascall, a physical therapist working with the WTU in Schweinfurt, yoga helps Soldiers reduce tension and learn to manage stress. This flexibility can help avoid the shock that often leads to PTSD.

“It adds the ‘mind’ aspect to overall fitness and well-being,” said Mascall. She

added that once per week, some members of the unit, and other Soldiers, attend a meditation group at the health clinic, intended to reduce pain and improve sleep without the use of medication.

The commander of Schweinfurt’s WTU, Capt. Anthony Benedosso, credits Gagne for organizing the weekly class. “This is a testament to the innovativeness of our cadre,” Benedosso said. “With WTU Soldiers, there are no cookie-cutter answers.” The unit command and physical therapist staff enthusiastically approved the idea for yoga training, said Benedosso.

Spinning, cross-fit and adaptive sports are among the other activities in the unit’s weekly training regimen. The goal of the wide spectrum of exercises is to benefit the Soldiers’ fitness and recovery without aggravating their injuries. Reducing the tension of training and the burden of recovery is built in to the WTU cadre’s mindset, according to Sgt. 1st Class Isom, the platoon sergeant.

“There is no stress put on our Soldiers to move past comfort,” added Isom. But the eager newfound disciples of yoga in the WTU seem perfectly willing to independently move themselves past comfort and back again each Wednesday as they try to attain the harmony of mind and body so crucial to recovery.

Quarterly forum opens channels of communication

by **Charles Stadtlander**
USAG Schweinfurt Public Affairs

USAG Schweinfurt convened its quarterly discussion forum for AAFES merchants and DeCA, the Defense Commissary Agency, Sept. 28, in the garrison conference room on Ledward Barracks. The meeting, which is open to the community, is an opportunity for the businesses of USAG Schweinfurt to discuss new services and gather feedback from patrons.

TKS, the phone and Internet vendor, announced plans to offer an online payment option for Internet and home phone services, eliminating the wait sometimes encountered when paying in-person at the TKS shop. This function should be available in mid-October at the company’s website, www.tkscable.com.

Enterprise car rental approaches its first full year on post and has expressed its continued desire to provide all Soldiers and civilians affordable and quality rental cars. Enterprise urges renters to make reservations when possible, especially during peak renting times such as block leave and training holiday weekends.

The PX plans to bring a furniture sales road show to Schweinfurt, tentatively

scheduled for early December, offering residents a chance to shop for furniture usually available only at larger PXs. And although autumn may have just arrived, the PX is looking ahead to the holidays and preparing to offer the widest possible range of gift options for the upcoming shopping season.

The DeCA spokesperson voiced a few guidelines for shopping at the commissary, namely exercising consideration for other shoppers. Units and groups holding barbecues or parties should order ahead for food and supplies as a courtesy to other shoppers seeking the same items. Anyone with special requests for the holiday season are likewise encouraged to order ahead to avoid the last-minute rush.

The commissary will finalize its three-day closing for its annual inventory reset today. Staff there has already begun the time-consuming process, so shoppers may notice some empty shelves until the reset is complete. Any customers with concerns should speak to the on-duty manager to ensure helpful service.

Community participation is encouraged in the quarterly forums. The next forum is scheduled for Dec. 28. For more, call 09721-96-1340.



Staff Sgt. Michael Bryant embraces his wife Juliann after being deployed to Afghanistan. The first 13 Soldiers from the 1-91st Cav. Regt. returned to Schweinfurt, Sept. 23. They were part of the squadron’s “torch party,” the first group sent back early to facilitate the return of the rest of the unit’s 500 Soldiers.
Photo by Michael Payne

1-91st Cav. Regt. torch party returns

by **Nathan Van Schaik**
USAG Schweinfurt Public Affairs

The first group of Soldiers from the 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team, to return from a yearlong deployment to Afghanistan arrived, Sept. 23, and was met with a stream of cheers and hugs at a ceremony held here at the fitness center on Conn Barracks.

Thirteen Soldiers marched onto the court and Lt. Col. Everett Spain, garrison commander, thanked them for their service and recognized the families for their sacrifice. Seconds later, families poured onto the court and embraced their loved ones.

The 13 Soldiers were part of the squadron’s “torch party,” a group sent back early to facilitate the return of the rest of the unit.

“The torch party is the very initial element of Soldiers that are returning from the deployment,” said Capt. Steven Barnaby, rear detachment commander for the 1-91st Cav. Regt. “These Soldiers come back in order to

help prepare the squadron for the return of all the rest of the Soldiers.”

Over the course of the next two months, the squadron’s remaining 500 Soldiers will make their triumphant return to Schweinfurt.

The party consists of the logisticians, armorers and administrative personnel needed to support the troops upon their return, according to Barnaby. Soldiers selected for the torch party are not based on a lottery system. “They come back to work,” he said.

While in Afghanistan during the past year, the mission of the 1-91st Cav. Regt. has been in securing the populace and expanding governance.

“They have been counter-insurgency missions,” said Barnaby on the Soldiers’ purpose in the region. “They’re helping the Afghan people build up their own government and businesses while at the same time combating enemy forces — trying to sway public opinion into having confidence in their own government, their own ability to earn a living and have a business.”

Schweinfurt’s acting troupe gets new home

Theater’s grand opening scheduled for Nov. 19

Story and photo by
Charles Stadtlander
USAG Schweinfurt Public Affairs

When the curtain rises for the first time at the Schweinfurt community theater’s new performance space this November, their location will be different, but their presence as the foremost dramatic group for the U.S. Army population here will remain as strong as ever. The \$450,000 renovation of Building 82 on Conn Barracks underscores the command’s commitment to supporting the acting troupe as a creative arm of the community.

Since its revival in 2006, the theater has grown in the community, attracting Soldiers, civilians and family members to their volunteer ranks.

“Performing on stage can be a tremendous stress reducer,” said the organization’s director, Garland Travis.

“We are always eager for people to walk through our doors to participate,” said Travis.

According to him, participants often perform on stage, but Travis also emphasizes the supporting role of behind-the-scenes members.

Set design and construction is as im-



Workers put the finishing touches on the newly renovated performance space for the Schweinfurt community theater, recently.

portant as skilled performance, Travis said, and the theater company seeks volunteers looking to gain valuable shop experience building set pieces for upcoming productions.

In addition to its large backstage shop, the new hall — specifically designed for theater group — will have seating for over 100 people. Construction workers have been transforming the building and installing tiered seating, an expansive stage, dressing rooms and professional-quality lighting rigs in the new space.

The grand opening is scheduled for Nov. 19, with a ribbon-cutting ceremony and possible performances. The new theater on Conn Barracks will provide a

fresh, modern backdrop for the group to operate, Travis said.

“This will be a big improvement,” said Travis, speaking in relation to the theater’s current space, the Abrams entertainment center, which has been serving as an interim playhouse until the renovation is complete.

Beyond theater performances, the new space will host ceremonies and assemblies for Soldiers at USAG Schweinfurt.

The first major production to tread the boards of the new stage on Conn Barracks will be “Jekyll & Hyde,” the award-winning Broadway musical, set to debut in early 2011 with a multiple-show run. The primary actors are already cast, but volunteers may be able to appear in additional roles.

Travis, his staff and the performers will be rehearsing in the coming months, but for now much of the focus is on the new theater. Construction is scheduled to wrap within the next two weeks, allowing the Schweinfurt community theater to settle into its permanent home. Their dedication and now their performance space are at a professional level, but the organization remains a grassroots community effort, providing an outlet for first-time performers and seasoned actors alike to take the stage.

To learn more about the theater, or to participate as a performer or crew member, call 09721-96-6225.



Photo by Spc. Eric Cabral

Soldiers with Delta Company, 1st Battalion, 4th Infantry Regiment, U.S. Army Europe, patrol the mountainous terrain outside Forward Operating Base Baylough in Zabul Province, Afghanistan, June 7. Delta Company was deployed in support of Operation Enduring Freedom.



Photos by Spc. Eric Cabral

Above: Pfc. Corbin Klopfenstein, center, Staff Sgt. Isaac White, right, and an Afghan interpreter scan the area while on patrol outside Forward Operating Base Baylough in Zabul Province, Afghanistan, June 7.

Right: Spc. Brandon Rodriguez, 1st Platoon, Delta Company, 1st Battalion, 4th Infantry Regiment, crosses a stream while patrolling the area surrounding Forward Operating Base Baylough in Zabul Province, Afghanistan, June 21.



Above, left: Sgt. Anthony Limon, Delta Company, 1st Battalion, 4th Infantry Regiment, greets his family at a Welcome Home Ceremony, Sept. 23. Above right: Sgt. Jose Romansantiago, Delta Company, 1st Battalion, 4th Infantry Regiment, embraces his wife Claudia during the Welcome Home Ceremony.



Photos by Spc. Tia P. Sokimson

Team Dragon returns home

by USAG Hohenfels Public Affairs
News Release

Community members, families and friends assembled at the Hohenfels High School Gym, Sept. 23, to welcome home Soldiers from D Company, 1st Battalion, 4th Infantry Regiment, as they returned from a deployment to Zabul Province, Afghanistan, that began in March.

The unit known as Team Dragon continued a long line of 1-4th Inf. Regt. companies that have deployed to Zabul Province; since 2006 the battalion has continuously deployed one company at a time to Afghanistan where it partners with the Romanian Army in support of the International Security Assistance Force.

Team Dragon lost three comrades during combat operations, July 6. Staff Sgt. Marc Andrew Arizmendez, 30, Spc. Roger Lee, 26, and Pfc. Michael Shane Pridham, Jr., 19, died of injuries sustained when their vehicle was hit with an improvised explosive device.

Although 1-4th Inf. Regt.'s mission in Afghanistan is ending, the Joint Multinational Readiness Command will further its partnership with the Romanian Land Forces by continuing to provide predeployment training and enhanced training capabilities at the Cincu Training Center in Romania.

The battalion's mission in Afghanistan will end with the Team Cherokee's return to the Joint Multinational Readiness Center at the end of its tour of duty.



Photo by Spc. Eric Cabral

Soldiers of Delta Company, 1st Battalion, 4th Infantry Regiment, head out on a morning patrol led by soldiers of the Afghan National Army to the village of Luy Tanah, Zabul Province, Afghanistan.

Moulage artists keep it real during joint exercise

Story and photos by
by Sgt. 1st Class Christopher Fincham
30th MEDCOM Public Affairs

When it comes to medical training, nothing can perfectly replicate what troops will see when they reach the battlefield or working in a combat support hospital. However, when preparing for possible contingency operations, creating and executing realistic, full-speed training is key. That's where the moulage (casualty simulation) experts come in to play during Operation Starlight, a joint medical exercise between the 212th Combat Support Hospital and the United Kingdom's 208th Field Hospital (Liverpool). The moulage team worked tirelessly to put realistic looking casualties onto the battlefield and into the hospital personnel's care.

"The makeup and the wounds on the casualties have been incredible," said Master Sgt. Ernesto Nieto, a 30th Medical Command combat medic and an observer-controller for the exercise. "It really adds a lot to the training value, and adds a lot of realism to the simulated scenarios."

During the exercise, mock patients are inserted into the scenario at preassigned times, which are unknown to the members of the hospital charged with providing care. Some patients are walk-ins with minor injuries like back pain and sprained ankles. Others are simulated casualties with gunshot wounds and severe burns who have been medically evacuated from the battlefield to receive care at CSH's Level-III facility.

Great care is taken by entirely British crew of moulage "artists" to make the injuries ordered for each patient in the exercise.

"We definitely want to do the best we can to put lifelike wounds on the patients," said Cpl. Paul Birkby, a driver and radio operator with the 208th FH (L). "We all have different roles within casualty simulation training. Some of us have worked together before during training exercises in the UK, but this is fun and gives us some more experience."

The added training value is paramount, according to Cpl. Gary Lyon, a 208th FH (L) mental health nurse. "You can have a paper on a casualty simply stating what a casu-



Above: Cpl. Brenda Barker and Cpl. Paul Birkby, from 208th Field Hospital Liverpool, prepare a gunshot wound to the head on a mock patient during the joint medical exercise with the 208th FH (L) and the 212th Combat Support Hospital, Oct. 2.

Right: Capt. Carlos Ramos, a 212th CSH surgeon, cleans "burn wounds" in the operating room as Sgt. Rod Eglin, 208th FH (L), stabilizes the patient's leg during Operation Starlight.

alty is and what's wrong with him, but people tend to turn off, and it's not real," explained Lyon.

"When an ambulance rides up on a patient, you get different reactions from a piece of paper listing symptoms versus seeing these types of wounds," Lyon said. "The moulage tends to make it more real."

The deputy commander for nursing of the 212th CSH, Maj. Cory Williams, agrees and said that these scenarios and casualties have provided some outstanding training for all of the Soldiers involved.

"This is some of the best medical simulated training that I've seen in my 18 years of being in Army medicine," said Williams.



Warrant Officer 2 Michael Murphy, a catering manager from 208th Field Hospital Liverpool, works alongside Spc. Brittany Jenkins, a 212th Combat Support Hospital cook, during the two unit's joint medical training exercise, "Operation Starlight," in Hohenfels, Germany, Oct. 3.

Food warriors fuel the force during Operation Starlight

Story and photo by
Sgt. 1st Class Christopher Fincham
30th MEDCOM Public Affairs

HOHENFELS, Germany – Feeding the force is fueling the force. The cooks and nutrition specialists from the 212th Combat Support Hospital teamed up with chefs from the 208th Field Hospital (Liverpool) to provide that fuel during Operation Starlight, Oct. 3.

The dining facility will provide nearly 12,000 servings to the American and British Soldiers during the units' first-ever joint medical training exercise.

While the typical cuisines of the two countries may differ, the importance of providing a good meal has remained a constant.

"It's very important to serve good and nutritious meals during training exercises like this," explained Sgt. Toya Brinson, a 212th CSH nutrition care noncommissioned officer working in the dining facility. "Our meals can serve to provide the Soldiers with energy they need to continue with the mission and can also serve as motivation during long workdays."

Each meal the cooks aimed to give Soldiers

several options of British and American cuisine. Some entrees were more well-received than others, according to Sgt. 1st Class Calvin Bowens, the DFAC noncommissioned officer in charge.

"The steak and chicken were very popular by both country's Soldiers, but some days certain items just haven't been touched. Although, the American Soldiers will try nearly anything put down in front of them, so they seem to try everything at least once," Bowens said.

Exposing yourself to other cultures is part of the intent of the training exercise, and Brinson said that the food is usually a key part of any country's cultural identity.

"The whole point is to get the experience of another culture, so this is a good way to try something different and learn about other types of food," said Brinson.

So far so good, said Maj. Bradley Damschen, the logistics operations officer for the 212th CSH.

"It's been outstanding service and a great combination of both American and British cuisine," said Damschen.

Community completes customer service survey

by USAG Hohenfels Public Affairs
News Release

Thank you to all the Soldiers, family members, civilian employees, retirees, and veterans who participated in the Customer Service Assessment. By taking the time to accomplish this survey, your voice will have an impact on the quality of life for everyone who lives, works and plays in the Hohenfels Military Community.

We had 446 survey participants, which breaks down to 236 Soldiers, 75 family

members, 12 retirees, one veteran, 114 Department of the Army civilian employees and 8 contractors.

Thank you again for your time and effort to help make the Hohenfels Military Community a better place.

The results for the more than 40,000 survey participants across Installation Management Command are now being downloaded and analyzed for every installation that participated. Reports will be ready for Headquarters IMCOM and the garrison commanders in late November or early December.

You should expect to see the results soon after through various media such as the Daily News Briefs, Hohenfels Happenings, Bavarian News, the Garrison website, and during other community forums.

To all who participated in the survey, your voice will be heard as we all work to improve the quality of service to a level deserving of your dedicated service to our nation.

For more information on the 2010 Customer Service Assessment, contact Annette Stanis at DSN 466-2400 or e-mail Annette.stanis@eur.army.mil.

Reduce water use, save energy

- Turning off the water while brushing your teeth can save a lot of water. Rinse razors in a filled sink rather than under running water. When shampooing, turn off the water while lathering your hair.
- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other such waste in the trash rather than in the toilets.
- In the kitchen don't let the faucets run for washing or rinsing. Instead, fill a container with water or use the sink by

clogging the drain with drain stopper. Wash all the vegetables for a meal at the same time. When washing anything, use a brush, washcloth, or your hand to dislodge particles of dirt rather than relying on the force of water to do the job.

- Collect the water used for rinsing fruits and vegetables, and then reuse it to water house plants, if any.
- When washing dishes by hand, don't let the water run while rinsing. If available, fill one sink with wash water and the other with rinse water.

ARMED FORCES ENTERTAINMENT PRESENTS
MATTHEW JC AND THE ALLSTARS
HARD ROCK MEETS HIGH FASHION

It will be a night of sensory excess as Matthew JC and the AllStars shred a mixture of hard rock originals and covers while stunning fashion models strut their stuff on the runway.

WHEN: Oct. 30, Doors Open at 6:30 p.m.
WHERE: USAG Hohenfels, The Zone, bldg 150

Free of Charge, must be 18 or Older
Call DSN 466-3676 for More Information

COMING TO A THEATER NEAR YOU.
For more information visit armedforcesentertainment.com

Ministry teams focus on diversity, resiliency

by Staff Sgt. Patricia Deal
USAREUR Public Affairs

GARMISCH, Germany — What do you get when you mix a priest, a rabbi, an imam and a chaplain, and then stir in a bit of multinational flavor?

You get the 2010 Religious Support Operations Leadership Training conference held here, Sept. 20-30, for U.S. Army chaplains and chaplain assistants from Germany, Italy and the Netherlands.

This year's conference, rich in diversity, gave participants the opportunity to meet and learn different customs and practices from military chaplains of various faiths, and to exchange ideas with military chaplains from Estonia and the United Kingdom.

"Diversity is important aspect of our training for several reasons," said USAREUR Chaplain (Col.) Ray Bailey. "As the Army becomes more diverse and more varied, we try to replicate that in the chaplaincy. We all have different spiritual journeys and practices, we're in different geographical locations, and we're exposed to different cultures. It's essential that we broaden our experiences, so we are empowered to better serve the different needs of our Soldiers and their families.

"This is an ideal time for chaplains and chaplain assistants to dialog and learn from each other. It's a rare opportunity when we have so many diverse groups represented in one setting, allowing everyone to build relationships and freely exchange ideas," he said.

Lt. Col. Taavi Laanepere, chief of chaplains, Estonia Defense Forces, said he appreciated the opportunity to meet and share ideas with the various members of the Army chaplaincy. "Es-



tonia is a young country, and we have a young chaplaincy. We don't have the experience the U.S. Army has," he said, "but it is comforting to know that our problems are not unique."

He added that while he certainly learned a lot from his American counterparts, he thought that it was beneficial for them as well to learn about Estonia and the cultural differences.

"We are in the same fight and there may be a time that U.S. Army chaplains may have to support the religious needs of (the) Estonia military forces."

The Reverend Dr. David Coulter, principal, Armed Forces Chaplaincy Centre in the United Kingdom, said he agreed that it was important for different nations to learn about the other's religious support and applications for their respective militaries.

"We have British and American

Soldiers serving side-by-side, and therefore we have chaplains serving closely together," he said. "Our service members are suffering the same stressors and traumas. We have British and American Soldiers attending each other's services in Afghanistan and Iraq. We can certainly learn from each other, as we have the same goal — to help our warfighters cope with the stresses of combat, deployments, and also to help their families."

Not only should chaplains and chaplain assistants learn about diversity in multinational cultures, it's also important for them to learn about the religious diversity within their ranks, according to Bailey. He said the conference gave them the opportunity to learn about the different faiths and the resources available to them to support that particular faith in their communities.

Lt. Col. Taavi Laanepere, chief of chaplains, Estonia Defense Forces, discusses his experiences in providing religious support to his country's military members with U.S. Army chaplains and chaplain assistants at the 2010 Religious Support Operations Leadership Training conference in Garmisch, Sept. 20-30. Laanepere attended the conference as part of continuing efforts to strengthen alliances and friendships between USA-REUR and its allies.

Photo by Keith Wright

As the only imam in theater, this was an excellent opportunity for Maj. Khallid Shabazz to share his Muslim faith and practices with others.

"I'm new to USAREUR so not everyone may be aware that I'm available to help them support the religious needs of any Muslim Soldiers in their communities. I can't be everywhere at once, but I can let them know I'm certainly a resource and can help them develop a plan they can implement as a means to support their Muslim Soldiers," said Shabazz. "I can also learn from them as they relate the challenges they face in their efforts to support those Soldiers' needs."

While the tenets and practices are definitely different, Shabazz said, the goal is the same for all faiths — to make Soldiers feel that they do matter, and the Army supports them in their beliefs.

Besides educating the unit ministry teams on diversity and ways to broaden their minds and skill sets, the training serves another important purpose, Bailey said.

"This is their time to rebuild, reflect and renew," he said. "Not only do they learn about building resiliency, they actually put it into practice at this conference. After taking this time for themselves, they leave here with a fresh perspective, and go back better prepared to serve their communities."

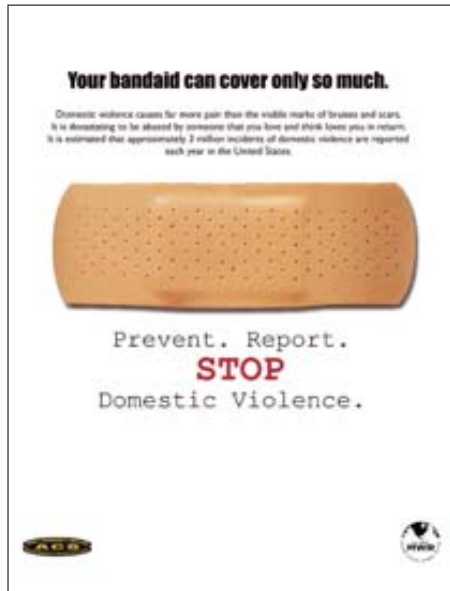
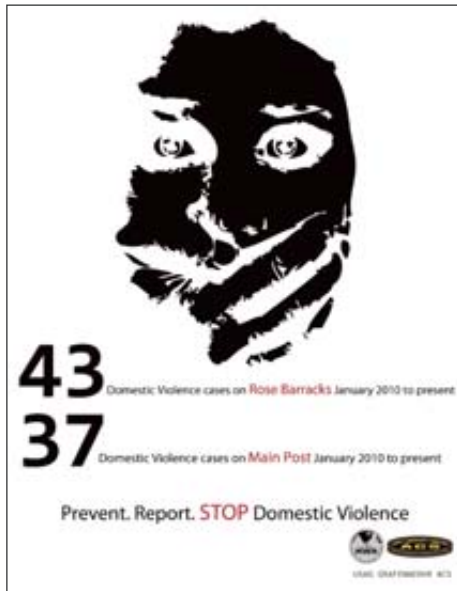
Caregivers often become so focused on helping their Soldiers and families deal with the stresses that it can take a toll on their own well-being, according to Dr. Robert Wicks, professor from Loyola University Maryland.

In his presentation on building resiliency, Wicks, a published psychologist with expertise in preventing secondary stress, emphasized that caregivers need to take time for themselves or they will eventually find themselves emotionally drained and unable to care for those they want to support.

"I could truly relate to what Dr. Wicks was saying," said Maj. Kevin Sears, garrison chaplain from Garmisch. "With my schedule, I don't always have the time to do all the things I want to do, like take time out for myself, let alone learn more about religious diversity within the chaplaincy or within different cultures. This conference forces me to take that time, and I know it only makes me better for having done so," he said.

For more information on the USA-REUR chaplaincy, visit www.hqusa-reur.army.mil/chaplain/index.htm.

For more on the conference visit the USAREUR chaplain Facebook site www.facebook.com/USAREUR-CHAPLAIN.



Courtesy graphics

The U.S. Army Garrison Grafenwoehr kicked off its local campaign with a fun run, Oct. 2. Throughout October the above posters will be displayed in silent testimony of the presence of this deadly force among us.

Military focuses on domestic violence

by Donna Miles
American Forces Press Service

WASHINGTON — The Defense Department is observing National Domestic Violence Awareness Month by reminding the military community about resources and programs to help in preventing or stopping domestic violence.

President Barack Obama issued a National Domestic Violence Awareness Month proclamation, Oct. 1, emphasizing the U.S. government's commitment to reducing its prevalence, supporting victims and bringing offenders to justice.

"Ending domestic violence requires a collaborative effort involving every part of society," he wrote. "This month — and throughout the year — let each of us resolve to be vigilant in recognizing and combating domestic violence in our communities, and let us build a culture of safety and support for all those affected."

Domestic violence is a national problem that cuts across socioeconomic, age, gender, ethnic, racial and cultural lines. National statistics reveal that it affects more than 4 million people a year, with almost 17,000 of them murdered by an intimate partner and an estimated 2,000 children dying at the hands of a caregiver.

The FBI reports that people are more likely to be assaulted in their own homes

by someone they know and trust than on the street by a stranger. Typically, the injuries are more devastating.

But domestic violence isn't always physical, officials emphasized. It can be more subtle: emotional, psychological or economic. Regardless of its form, it hurts individuals, ruins families and weakens communities.

The military faces the same challenges as society at large, particularly in light of the high operational tempo and the strain it puts on service members as well as their families. Defense Secretary Robert M. Gates acknowledged these stresses during a lecture recently at Duke University.

"As a result of the multiple deployments and hardships associated with Afghanistan and Iraq, large swaths of the military — especially our ground combat forces and their families — are under extraordinary stress," Gates said during the Sept. 29 address.

This comes with consequences, the secretary said, including "more anxiety and disruption inflicted on children, increased domestic strife and a corresponding rising divorce rate — which in the case of Army enlisted has nearly doubled since the wars began — and, most tragically, a growing number of suicides."

The Defense Department has added muscle to its programs addressing all

these issues, including domestic violence. This month, it's stepping up its outreach to remind the military community about programs in place to prevent domestic violence and to ensure people know what where to turn if they experience or witness it.

Installation family support centers offer a wide variety of programs and classes, and Military OneSource and Military Homefront provide online access to information and resources, officials noted.

In addition, the family advocacy program is responsible for addressing violence in military families through prevention, early identification, intervention, victim support and treatment for abusers. The program's staff members work with commanders, military law enforcement personnel, medical staff and family center staffers and chaplains, as well as civilian agencies, to provide a coordinated response to domestic abuse.

To protect those who might otherwise not file a report, the family advocacy program allows people to submit a "restricted report," officials explained, to report domestic abuse by a service member without initiating a law enforcement or command notification or investigation.

Military installations are highlighting these and other programs with their own campaigns this month.

Dragoons build resiliency



Photo by Spc. Corey Glynn

From left to right: First Lt. Joseph Stacker, his wife Charity, and Maj. David E. McCulley, 2SCR rear detachment commander discuss resiliency during a conference at the Edelweiss Lodge and Resort in Garmisch, recently.

"We are all tired," McCulley told senior leaders at the conference. "Being able to better deal with the deployment and hardships makes life a little easier."

After the training, senior leaders took time to relax in the Alps. Relaxation was an important part of the resiliency training.

Energy savers

- **Don't run kitchen faucets when washing or rinsing. Instead, fill a container with water or fill and use the sink. Wash all the vegetables for a meal at the same time. When washing anything, use a brush, washcloth, or hands to dislodge particles of dirt rather than relying on the force of water to do the job.**
- **Collect the water used for rinsing fruits and vegetables, reuse it to water house plants.**
- **When washing dishes by hand, don't run water while rinsing. If available, fill one sink with wash water and the other with rinse water.**
- **Run clothes washer and dishwasher only when full to help save up to 1,000 gallons per month.**

Exercise refines communication, support

Continued from page 1

are more likely to come from within the Army community, Alahmadi said.

An additional dimension of realism was further driven home by actual worldwide caution alerts from the State Department concerning threats of violence against U.S. citizens and interests in Europe prior to the exercise.

The realism of the exercise wasn't lost on Capt. Chris Haag, Headquarters and Headquarters Troop, 2nd Stryker Cavalry Regiment, who played "shooter number 2" in the scenario.

Following the bomb detonation, the original culprit (played by Sgt. 1st Class Roger Muzzy) met Haag in Building 134, where the pair opened fire on nearly 100 community members who were taking a class.

Garrison military police killed Haag while he attempted to provide cover for Muzzy, who was holed up with hostages in a separate room.

"I didn't know which door they were coming through. They were really quiet," Haag said as he motioned to bruises on his arms and legs caused by rubber bullets.

Steve Hood, an observer-controller for the exercise and a former military policeman of 22 years, was similarly impressed with the MPs speed and stealth. He said the simplistic, realistic nature of the exercise appropriately tested garrison and host nation responders and allowed them to refine their coordination and communication.

"The support we've had from host nation and tenant units shows how important it is to everybody," Hood said.

The exercise ended when members of the Sondereinsatzkommando (German police SWAT team from Nuremberg) neutralized Muzzy and freed the hostages. However, for Alahmadi and her team, the real work had just begun.

Besides the usual "hot wash-up," where participants critique the scenario immediately after the exercise, Alahmadi and her team plan to scour videotapes of the event for other areas in which to improve, and incorporate those lessons into planning for next year's exercise.

"The garrison plans to continue to evolve our program, exercising



Photo by Molly Hayden

Garrison and host nation law enforcement officials provide cover in Rose Barracks' Building 134 during Charging Boar 2010, an anti-terrorism force protection exercise, Sept. 25.

more diverse elements and increasing community involvement in our exercises," Alahmadi said.

Alahmadi said during actual emergencies the community can assist law enforcement officials by remaining alert and reporting any unusual behavior.

Fest solidifies partnership

Continued from page 1

assistant, Bavaria Dental Activity, and Netza-berg resident fervidly remarked amidst the bustling throng of activities. "I can't believe how much these guys have going on out here!"

He was not alone. Soldiers and families alike were shocked with the dizzying array of activities at the fest. One of the busiest activities at the festival was the Wee-IB course, an obstacle course for children fashioned on the Expert Infantryman's Badge skills test. In addition, face-painting stations, pie-eating contests, and clowns were on hand.

While not the main focus for the kids at the festival, the signing of the three partnership agreements ushered in a new era for the 172nd Inf. Bde family. Col. Frank Zachar, commander, 172nd Inf. Bde, presided over the ceremony and reaffirmed his commitment to strengthening the bonds of the community.

"Today's gathering demonstrates the commitment between the communities of Eschenbach, Pressath, and Kirchenthumbach and the Soldiers and family members of the 172nd Infantry Brigade," Zachar said. "These communities have strong ties with this brigade and play a crucial part in our combat readiness by taking care of our families and accepting our families into their respective communities."

Eschenbach Mayor Peter Lehr stressed in his speech to the crowd that the primary goal has to be the mutually beneficial relationship between American families and their German neighbors.

"We want the (172nd Inf. Bde.) families to participate in our social life and therefore build up a network which provides family readiness, power and strength when their spouses are de-



Photo by Sgt. Charles D. Crail

Chloe and Ruby Crail race against the clock to apply camouflage while meeting the Wee-IB challenge at the 172nd Infantry Brigade Partnership Fest, Sept. 24. More than 4,000 people attended.

ployed," Lehr said. "The foundation of this community will be laid through the integration of their children into our kindergartens, local clubs and schools but also through joint events like this."

The Blackhawks also unveiled a massive partnership wall, designed and constructed by Sgt. Juan Ruiz-Cruz, the unit's brigade repairs and utilities noncommissioned officer in charge. The wall will be publically displayed in Netzaberg Park demonstrating the commitment the 172nd Inf. Bde. has with the surrounding German communities. The wall was unveiled to loud cheers from the frenzied crowd.

As the evening wound down, attendees muttered their disbelief at the enormity of an event that more closely resembled an outdoor rock concert than a formal military ceremony. The party was staggering in its success, remarkable in its scale, and mind-blowing in its versatility. In a word, the 2010 172nd partnership fest was epic.

Customer Service Assessment is deemed a success

by U.S. Army
Garrison Grafenwoehr
Public Affairs
News Release

The results for the nearly 40,054 survey participants across Installation Management Command are now being downloaded and analyzed for every installation that participated.

Reports will be ready for Headquarters IMCOM and garrison commanders in early December. Participants can expect to see these results soon through various media outlets including the Bavarian News, the USAG Grafenwoehr's website, the community newsletter and other community forums.

To all who participated in the survey, your voice will be heard as we all work to improve the quality of service to a level deserving of your dedicated service to our nation.

For more information on the 2010 Customer Service Assessment, contact Lisa Laliberte, Plans, Analysis and Integration Office customer service officer, at 475-8881 or email lisa.laliberte@eur.army.mil.

RAD honors retirees' service to the nation

Continued from page 3

their blood drawn for diabetes and cholesterol checks will have the opportunity to schedule a follow-up appointment. Fasting is required for those who are planning to have their blood drawn that morning. Fasting meaning not eating or drinking anything except water after 7 p.m. the night prior (Oct. 21). This is very important in order to get accurate results when having blood drawn.

Buses

RADs may vary from installation to installation, but, in general, they all provide an opportunity to renew acquaintances, listen to guest speakers, renew ID Cards, and receive medical check-ups and access services. The Grafenwoehr Retiree Appreciation Day (RAD) is designed with you in mind. We have scheduled bus services from Berlin and Garmisch/Munich to assist with travel. The seating may be limited. Retirees who reside those should contact the local retiree council for additional information.

The Garmisch/Munich point of contact is retired Col. Tervino at 08821-750-3615 or Ms. Teri Chang at 08821-750-3802. The Berlin point of contact is retired Col. Joyce. There are no requirements for preregistration or appointments to attend the Grafenwoehr RAD, but you must reserve a seat on the shuttle bus in advance to ensure a space.

This year's RAD event is aimed at giving special thanks to our military retirees. Our U.S. armed forces would not be the best in the world if you hadn't first blazed the trail. Your honorable service and sacrifices have provided our great nation the freedom we enjoy today.

In addition, the Grafenwoehr Retirement Services staff is dedicated to offering VIP services to retirees and family members. Don't hesitate if you are in need of assistance, such as submission of retirement documents, Survivor Benefit Plans (SBP), report of death, records updates, or to just stop by to see what's new. Our office is located on Grafenwoehr's Main Post, Building 244 on the second floor. Hours of operation are Mon.–Fri., 7:30 a.m.–noon, and 1-4:30 p.m. We can be reached at 09641-83-8709 or via e-mail at rsografenwoehr@graf.eur.army.mil.

Thank you for your service and dedication to our country. You are an important part of the garrison team and I look forward to seeing you at Retiree Appreciation Day, at our numerous events, and in the community.

Dental clinic attempts to cut visits in half

Lean 6 Sigma project will increase efficiency at Graf's dental clinic

by Europe Regional
Dental Command
News Release

Process improvement through Lean Six Sigma is alive and well in Grafenwoehr, and a project is being conducted to improve annual dental services that are delivered to the Soldiers who live and work in Grafenwoehr.

The project seeks to determine the best approach for delivering annual dental requirements to the beneficiaries and began in the Grafenwoehr Dental Clinic in April.

Col. William Bachand, Europe Regional Dental Command commander, who recently arrived from Hawaii where he was involved with a very successful Lean Six Sigma patient wait time reduction project, is leading the effort to determine the best way to achieve a solution to a process challenge.

In addition, the process seeks to de-

termine the most efficient and effective means to combine two separate appointment types (exam & prophylaxis) into one appointment by using Lean Six Sigma methodologies. The LSS project has a goal of providing all Soldiers that enter the clinic for a scheduled exam with both procedures in the same appointment, effectively reducing their visits to the clinic from two to one.

As the Europe's Regional Black Belt, Greg Fobell is leading this LSS project's efforts at the Grafenwoehr Dental Clinic. The subject matter expert team from the clinic, comprised of Sgt. 1st Class Cornelius Summers, Staff Sgt. Lynette Yarborough-Watts, Sgt. Kiki Woodard, Sgt. Scottie Bullock and Spc. Jessica Griffin, has assembled on multiple occasions to capture the elements of the current process, while determining where the possibility exists to eliminate any steps that do not add value to the patient's experience.

Measuring the time from arrival to departure has revealed there can be significant reductions in providing patient care, while promoting oral health and increasing the deployability status of Soldiers.

During the phases of the project, Summers, clinic NCOIC, and his team collected surveys designed to capture the perspectives of the customers they serve. More than 70 percent of the respondents were in favor of receiving care in less time with less visits to the clinic.

During a recent visit, Maj. Gen. David Hogg, former commander of the Joint Multinational Training Command and current commander of U.S. Army Africa, Vicenza, Italy, said: "Any procedure that is good for the Soldier and allows us to train uninterrupted is a definitely a win-win solution."

During the next phases of the project the dental clinic team will continue to attempt to achieve procedure excellence by providing every Soldier with the two procedures during the same visit. The anticipated results are that there will be less time taken to provide both procedures, as well as cutting the number of visits to the clinic in half for the customer.

The clinic expects to complete its testing this month and will publish the results of the project in an upcoming issue of the *Bavarian News*.

Hike teaches kids about stewardship

Continued from page 1

third-grader Jonathon LaPrade, holding up his specimen. "It's different than a pine cone."

Halfway through the trek, students joined forces with the German Bundesforst to learn about logging and deadwood. A few lucky students tried their hand at sawing wood with the help of Forest Master Volker Goebel.

The outing ended with a fishing tutorial at the lake, conducted by the Hans Hathaway, FMWR hunting and fishing coordinator, and volunteer Kurt Loh.

The three-hour exploration taught children about environmental stewardship and allowed them to experience nature intimately.

Nature put on her finest

attire and welcomed the students in to breathe the crisp autumn air.

Meier believes this hands-on learning approach will impact the children and hopefully lead them to live a more environmentally sound existence.

"The children are able to breathe the air, feel the rain, touch the trees and smell the needles," said Meier.

"All of those impressions spark their senses and they will remember what they learned. And hopefully gain respect for nature."

Although the theme of the day was education, most students, including first-grader Jaime Rubio, focused on the adventure of exploration.

"This kind of stuff makes school fun," he said.